

INTERNATIONAL

H&E

MONTHLY

Vol. 94 No. 10 CAN. \$5.50 GG70330 U.K. £1.90

**SHOULD YOU MAKE LOVE
TO YOUR FRIENDS?**

**NAKED SAILING
EVERYONE'S
DOING IT!**

**S & M –
NOT FOR US –
WHAT ABOUT THEM?**



9 770017 888038

AVOID
Disappointment
BOOK EARLY

FROM
ONLY
£375.00
FOR 2 WEEKS

NAKED in CRETE

DEPARTING 17th MAY, 31st MAY
and 14th JUNE 1994

(depending on demand, additional departure
dates may be available).

Crete is perhaps the most beautiful of all the Greek islands. Now, you can enjoy it even more because we have found the perfect naturist location!

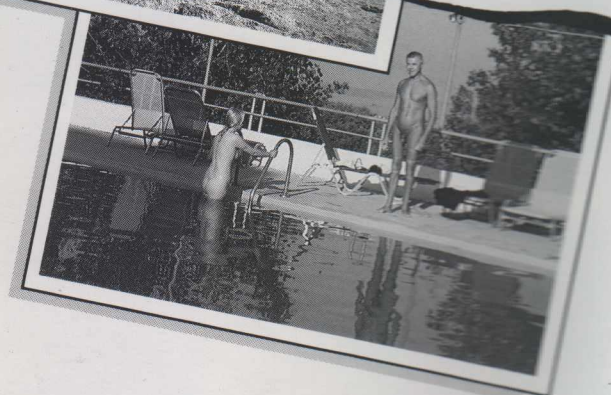
Our hotel stands on a hillside overlooking a lovely, sandy bay, 4 kilometres from the nearest village. Here you really are close to nature with a magnificent backdrop of mountains, olive groves, myriads of wild flowers and the deep, deep blue of the sea. The only sounds are the singing of birds and the gentle lapping of the sea on the beach below. It's simply idyllic!

All rooms have sea views with private shower/WC, telephone and either a terrace or a balcony. There is a nice swimming pool with sunloungers and a poolside bar. Breakfast is served in the hotel and other meals are taken at the beachside taverna (authentic Greek cooking — inexpensive and good).

The hotel beach (10 minutes walk) is naturist and, by special arrangement, you will be able to enjoy the hotel swimming pool for nude swimming and sunbathing (other areas of the hotel are not naturist).

Included in the price is a poolside welcome party (a great way to make friends with other club members)

SUNSEEKER
Club Holiday



and the services of our courier. We will also be offering trips to the Samaria Gorge (not to be missed) and to the legendary palace of Knossos.

This is a great opportunity to enjoy naked relaxation with like-minded people in perhaps the most beautiful location in the whole of Crete.

Early booking is essential. Please avoid disappointment — reserve your place in the sun NOW!

FOR INSTANT
RESERVATIONS
(including club
membership) telephone

0403 891495

PRICES

17th & 31st May: £375. 14th June: £399.

Prices are per person including return flights from Gatwick, airport taxes, accommodation (bed & breakfast), coach transfers, welcome party and the services of our club courier. Single Person Supp: £70. Children (2-12 years): £60 reduction. Please note that this holiday is not recommended for the disabled or infirm.

SUNSEEKER HOLIDAYS

The Barn, Brighton Road, Lower Beeding, West Sussex, RH13 6PT

Consumer Protection: To comply with The Package Travel, Package Holidays and Package Tour Regulations 1992, all holiday payments are held in trust until the holiday contract has been fully performed. In addition, all our flights are protected by ATOL Bonds. Minimum number required for this holiday is 40 (payments will be refunded in full if minimum is not reached 10 weeks prior to departure).

Health & Efficiency

INTERNATIONAL MONTHLY

Editorial Offices: Peenhill Ltd., 28 Charles Square, Pitfield Street, London N1 6HT. Tel: 071-253 4037
For all enquiries relating to subscriptions or book and video orders, phone:
H & E International Marketing on 071-253 5580. Fax 071-253 0539

PUBLISHER
Reginald Taylor
GROUP ART DIRECTOR
John Spracklin
MANAGING EDITOR
Kate Sturdy
FEATURES EDITOR
Jon Williams
EDITORIAL ASSISTANT
Ruth Paley
**PROMOTIONS AND
MARKETING EXECUTIVE**
Madeleine Miller
ADVERTISING MANAGER
Vivienne O'Sullivan
SUBSCRIPTION MANAGER
Yvonne Alderton
SPECIAL FEATURES
Vanessa Goodman
Marianne La Mauve
Mary Stephenson
Murray Wren
GERMAN EDITORIAL
Inge von Schniewind
EDITOR FRENCH EDITION
Arthur Bouchard
USA DIRECTOR OF MARKETING
David Clark

THE 94th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and is entirely independent.

We publish news, views and reflections on the nudist and naturist scene. This includes the wider world, where nudity and naked living are now accepted. We believe in the cause of social nakedness and intend to promote it.

We offer a wide platform so all may speak. We believe in tolerance and an open mind to all aspects of naturism. For this reason, the opinions expressed in literary contributions are not necessarily those of the editor.

This periodical is sold subject to the following conditions, it shall not without the written consent of the publishers, be lent, resold, hired out or otherwise disposed of by way of trade, except at the full retail price; it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of trade or affixed to or as part of any publications or advertising, literary or pictorial matter whatsoever.

All contributions, including photographs, are submitted at the owner's risk and whilst every care is taken, neither the publisher nor its agents accept any liability for loss or damage. Distributed by United Magazine Distribution Limited, 1 Benwell Road, London N7 7AX. Phone (071) 700 4600 Fax (071) 607 3352.

© World Copyright reserved.

PRINTED IN GREAT BRITAIN

CONTENTS No. 10

FEATURES

- 2 *Who Gives A Damn?*
So you like to strip? So what?
IRENE JONES HOPPE
- 10 *Where Are The Women?*
Girls in beach avoidance shock!
ANN CHRISTIAN
- 18 *Just Good Friends?*
Can you really have a platonic relationship?
MARY STEPHENSON
- 29 *Why Can't Gwen, If It's OK For Men?*
Toplessness on trial.
JAMES LEWIS
- 35 *In With The In-Crowd*
Does naturism give you an unfair advantage?
PAM ROLLISON
- 36 *Pain And Pleasure*
S&M for the uninitiated.
GEORGE TARGET
- 40 *From Russia Without Clothes*
Moscow model nude in the Netherlands.
ROBERT BROEKSTRA
- 50 *The Art Of True Communication*
How to talk without saying a word.
ROSELLA MARTIN
- 55 *He-Spot*
More male magnificence!

TRAVEL

- 6 *The Great Nude Tour de France*
Med-style motoring and bare biking.
PATRICK STREVS
- 14 *Jamaica's Crumbled Dream*
Perfect paradise or tourist trauma?
TERRY MASON
- 24 *Ducks To Water*
A guide to nautical nudity.
ROBERT JAMES
- 61 *Fuerteventura — The Good, The Bad And The Ugly*
Nice beach — shame about the rest ...
JONATHAN THOMSON

REGULARS

- 21 *Dear Marianne*
Agony aunt to the rescue!
- 42 *Oral Sex* VANESSA GOODMAN
- 48 *World Of The Naturist*
Train trouble, battling burglars — and more ...
- 56 *Who Goes Bare?*
Your chance to see and be seen ...
- 63 *Quickfire*
Let us know what you really want.



WHO GIVES A DAMN ...



about nudists and their naughty bits

Irene Jones Hoppe argues for less
tutting and more tolerance from all



A READER'S letter in H&E asked: 'Why do you answer enquiries from people who obviously aren't naturist? There are plenty of magazines about for people of their type.'

Now I've always been opposed to and amused by discrimination of every sort. Racial intolerance I find hilarious. It's a real giggle that because I'm racially classified as white (actually I'm more a light coffee colour owing to a Mediterranean mother) in some peoples' eyes I'm automatically better, smarter and more socially acceptable than another who happens to be born with more melanin in his or her skin. Don't get me wrong, I don't claim to be colour blind. I don't even claim to be priggishly, racially unbiased. I'm as aware of race as I'm aware of religion, but have always been reduced to catatonic coma by self-proclaimed authorities expounding knowledgeably on either topic.

I think that there should have been a fifth horseman of the Apocalypse. Riding with Famine, Death, Pestilence and War should be the spectre of Religion.

I'm bored with people pontificating that their religion is the 'right' one. There is

should there be a documentary about tribes in Papua New Guinea or Amazonia who live without unnecessary clothing, they are shown in their natural, unembarrassed state.

Indeed, in one programme a warrior was shown dipping the tips of his arrows in poison, squatting to work on the ground between his knees with the camera picking up a close-up of his scrotum. That strikes me as a puzzling form of racial discrimination.

'The noble savage' can be shown to the world in a state of nudity, but his 'civilised' brother or sister can't.

There are probably tribes of 'primitive people', whatever that phrase means, who are convinced that 'white' people don't have genitalia at all!

That is not all I have to tolerate. Ever since the doctor who delivered me said, 'It's a girl!' I've had to endure sexual discrimination. Just because all my reproductive parts are tucked neatly away out of sight, I've been classified as a second citizen by others of my kind who have some four inches of their equipment

hanging outside their bodies.

This was first brought forcefully to my attention when at age sixteen, I was ordered by my seventeen-year-old Spanish cousin not to wash my hair because I was menstruating. There was an Old Wife's tale going around Spain at the time, that virgins got sick and died of some strange condition if we disobeyed this primitive taboo. When I told him politely to 'go and suck an egg', I was firmly admonished by his scandalised mother. Apparently, it was not considered good form to argue with male authority — even one who was also a virgin (but its different for men) and had terminal acne.

SINCE I grew up, I've been bullied by husbands, always 'because they were in control'. Patronised by bank managers. 'Don't worry your pretty head about that, you couldn't possibly understand — just sign your name, Mrs Dominant Male.'

I've been herded around by male doctors, on some sort of reproductive assembly line when I've tried to give birth

I TOLD HIM POLITELY TO 'GO SUCK AN EGG'

obviously only one Universal Creator, and how you interpret Her/His will is a matter for the conscience of the individual.

It's nobody's right to tell any follower of a religious belief that they are wrong. We are all fallibly human and prone to misinterpretation anyway. What does it matter who or what we worship?

Just get on with your own lives and let others be, is my motto. Christians seem to have been the worst offenders. For centuries they have run around putting clothes on people that neither needed nor wanted them.

'Nudity is an offence in the eyes of God,' the lambs of Christ preach. What authority told them? 'The Bible, which is the Word of God,' they say, waving the Good Book in our faces.

I'M sure there are many tracts which condemn nudity, but there are probably an equal number of quotations that can be found to condone and even applaud it. But if not, who cares?

Clothes were invented to keep people who live in cold climates warm. Those who live in the rain forests are far happier and more comfortable without. Which brings me to another point.

Why, when white naturists are portrayed on TV, either in margarine ads, or on travel shows, are they always placed so that none of the naughty bits are showing? But



my way and with a modicum of dignity.

'We'll just give you this jab to make you more comfortable.' — Also to knock me out so I won't ask questions about what's going on within my own body.

I've even been asked, 'What did you do to annoy him?' By a well-meaning policeman, when I pressed charges after being beaten by an ex-husband.

I'm also very aware that I'm heading rapidly towards age discrimination. This is when, at my age, I'm no longer supposed to have sexual desires. Younger women don't consider me a threat when vying for attentions of men — even for men of my own age or older. Also, I'm not supposed to have any ambitions left or goals to set myself. I should shove over and make room for the next generation — this is *their* world now.

Mentally, those in their twenties have already put us 'wrinklies' in a wheelchair with a shawl over our laps. Wrinklies used to start at around sixty or retirement age; now the term seems to refer to anyone over about 35. Soon, anyone who's shed all their milk teeth will be regarded as

someone who is completely over-the-hill.

I don't have to mention naturist discrimination; that is frequently argued in this magazine. I think we tolerate criticism from outsiders very well, and deal with our feelings about harassment and voyeuristic creeps with binoculars with great humour.

WE do waste a lot of time squabbling among ourselves as to 'the true meaning of naturism' though. For heavens sake, we're not looking for the Holy Grail!

Also, we seem to indulge in endless and tiresome debates about the pros and cons of depilating pubic parts, body painting, tattooing and piercing weird and wonderful areas of our anatomy. However, we tend to differ and make our peace about all of these unimportant issues.

I think the general term 'nudist colony' is good for a chuckle, especially for a bee-keeper. Every time I see a swarm of bees, I imagine them to be naked people clustering in a perspiring huddle around a queen.

The best discriminatory remark I've


heard recently was from my non-naturist son. 'Oh no, Mum,' he groaned. 'You're not still embarrassing me by running around bare-arsed at your age, are you?'

This dismissive attitude is age/naturist/female discrimination all rolled into one. I'm not going to waste my time extolling the joys of naturism to this particular plonker. He's my baby and I love him dearly, but at his age his mental blinkers are no longer my responsibility.

Back to the point that I made at the beginning. I was amazed to find textile bigotry in the reader's letter. For heavens sake! Life is too short to indulge in textile persecution, and for shame, naturists should know better. I'm a naturist wherever it is appropriate to strip off — and then only if I really want to.

I have many naturist friends who I only see naked when we are swimming, the rest of our friendship is spent clothed. We feel absolutely no compulsion to throw our clothes off every time we see each other.

For different reasons, climate, friendships with non-naturists, close proximity of neighbours, etc., it is not appropriate to peel off at other times —



"WRINKLIES' SEEM TO REFER TO ANYONE OVER 35!"

anyway, we don't particularly want to, our friendship has other priorities.

Following a naturist philosophy doesn't mean changing one set of rules for another. Naturists don't sign a pledge in blood. Bare skin, of whatever colour or sexual configuration, is not a uniform with a swastika tattoo. Nobody is going to stand us against a wall and shoot us if we don't strip.

THAT attitude defeats the very essence of naturism which is supposed to be one of tolerance and good humour. Naturists don't claim to be in some way superior or better adjusted to life — just naked.

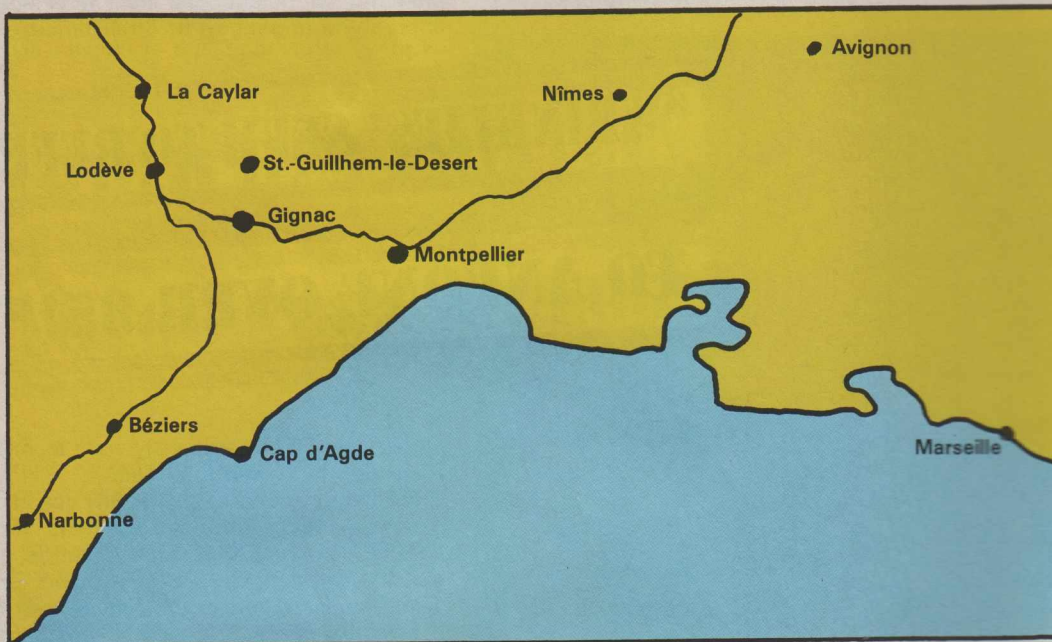
What I would like to see are far more 'clothing optional' beaches, parks and general public sunbathing areas. I don't believe that because a person prefers not to be naked in public, he is necessarily a neurotic being.

I am convinced that the wearing of clothes is here to stay, and we naturists had better get used to being shocked to see people swimming and sunbathing in cozzies.

If clothing was optional in most recreation places, maybe clothed people would gradually get used to conversing, playing and swimming with nude people and we could pursue our individual lives and forget about the whole discriminatory mess.

The Great Nude TOUR DE FRANCE

Great routes through France, good naturist camping,
fascinating sights and rampant scenery.
By Patrick Stevens.



Celles, on the Lac du Salagou.



IF you have ever been greeted at a naturist campsite by a peacock proudly overseeing his family you must have visited Village du Bosc and sampled the genuine Mediterranean climate without having to go as far as the inland sea.

Situated on a bluff, the shelter given by the few trees is sparse. In compensation there is usually a slight breeze and a splendid open view over the landscape comprising red earth hills, the Lac du Salagou and a plain stretching into the distance. This site covers a large area, allowing for a lot of walking, but the living section is relatively small, promoting an intimate atmosphere. For those who stay on site for the day the popular L-shaped swimming pool is the focal point.

Another meeting point is the open air bar that serves meals. On one evening a week the proprietor uses his hunting horn to call the customers to a communal meal cooked on the open wood stove.

The tiny shop sells fresh bread every morning and enough of your food necessities to keep you going. There is also a visiting organic vegetable stall every week. The hallmark of the 'Village' is the row of unusual bungalows set into the hillside. With their angled sides and roofs they make an attractive backdrop to the camp's



Cross the Devil's Bridge to St.-Guilhem.

comings and goings. The Lac du Salagou, its shoreline dotted with boat and surfboard hire areas, is about six kilometres long and feeds the irrigation system that keeps the local countryside so green and fertile throughout the long, dry summers.

If you want to enjoy the special experience of naturist swimming in its velvety water it is worth driving four kilometres, starting with the spine-jangling track down to the road. Turn left and carry on for about one and a half kilometres when you will see Celles, a ruined village, to your right on the lake shore.

As you drive between two electricity posts turn right onto a concrete strip. Where this peters out take the left fork on the baked red earth and you will find yourself among the ruins of Celles. Drive through the hamlet and park on the rough car park and you only need to walk for a couple of hundred metres to find naturists using the stretch of shoreline between two headlands.

A word of warning. Due to bank charges the proprietor will not accept Eurocheques, let alone credit cards. Never mind, this gives a good excuse to visit historic Lodève with its massive fortified Cathedral and cloister and plenty of banks.

Carrying on from Lodève you



Early evening naturism.



Cool down on the river bank at Aniane.

restaurant. You will just have to remember to take your swimming costume if you want to plunge into their swimming pool.

Nearby Gignac is a bustling town dominated by a large convent. Outside the convent the stations of the Cross take the unusual form of a series of roadside shrines.

Having found a campsite in a wide, flat valley it was time to unpack our folding bikes. If you want to start a conversation with French children and teenagers just ride a lightweight Bickerton. With its strange handlebars it is guaranteed not only to cause great interest but even hilarity everywhere you go.

After a short trial run to Aniane we rode across the Devil's Bridge to the medieval village of Saint-Guilhem-le-Désert eight kilometres away. Not having ridden for many years it was hard going as we climbed the gorge of the Hérault, but well worth it.

IF you drive to Saint-Guilhem by car you park under the trees behind the village, but it is more interesting to push your bike up the narrow street and arrive in the sunny main square through a shadowed alleyway.

Here you find a decorative fountain and a huge plane tree planted in 1848 to commemorate the 'Year of Revolutions'. The romanesque abbey and atmospheric cloister give on to the square and are well restored.

From the car park there are walks of various lengths into the hills behind. The easiest one consists of about an hour and a quarter's stroll up to the base of the forbidding cliffs called 'le bout du Monde', or 'the end of the World'. On the way you can pick wonderfully sweet ripe wild figs if you are there in August.

We had bought 'Circuits Pédestres', an attractive loose-leaf pocket book of walks and mountain bike trails in Languedoc. Forty-five walks of up to seven and a half hours are detailed, each on a separate detachable page backed by a large-scale map, the itinerary marked in blue.

ANIANE and Gignac both have weekly markets, but if you want a really comprehensive market drive the sixteen kilometres to Clermont. L'Hérault on a Wednesday. There is not much you cannot buy here, and the town is a nice mixture of the old and the new.

To find Source Saint-Pierre drive west from Montpellier on the N109. After thirty kilometres you turn right at Gignac onto the D32 for about three kilometres.

After passing signs to Camping Moulin de Siau on the left take the unsignposted track on the left between two concrete posts immediately after a bungalow. From here you can pick up FFN signs that lead by twists and turns to Source St. Pierre, Centre *Naturiste de Vacances*. The approach from the north is signposted where you fork right at the south end of the bridge coming out of the Village of Aniane.

Contact: Lucien Morandi, Source Saint-Pierre, Centre *Naturiste de Vacances*, Aniane, 34150 Gignac. Tel: 67.57.76.95.

Out of season: Lucien Morandi, Ch. Grand-Champ 13, CH 1008 Prilly, Switzerland. Tel: 021/24.22.45.

Want to know more?

Phone 0891 112532

(All calls are charged at 36p/min off-peak and at 48p/min at all other times)

FUN & GAMES AT XMAS



Our holidays are nearly over, with the Corsicana and Cap d'Agde holidays being long gone and Vera Playa just about to take off. But if you believe that that's it, think again.

There is still time to register for Costa Natura, a beautiful resort on the southern Spanish coast. Why not treat yourself to a special Christmas, surrounded by fellow naturists, beautiful countryside and wonderful cuisine?

Make it a festive period to remember and party your way through to 1994. All you have to do is send us a stamped addressed envelope to:

H&E Holidays
28 Charles Square
Pitfield Street
London
N1 6HT



Time for some skinny dipping.



When it comes to independent naturism, it's not just the boys who are missing out



THE Single Male Problem — yeah, yeah, we've heard it all before. Tales of how cruel and heartless many of the clubs are, turning away perfectly normal and respectable men just because they dare to arrive unaccompanied and expect admission. Well, you're lucky — this isn't about to be a critique of the issue, full of pertinent points from both sides of the sun-club fence, so relax.

I don't really care how many single men are desperate to get their clothes off and have fun. What does interest me is how few single women want to do so.

WHERE ARE THE WOMEN?

Not the cry of a lusty male, but the curious enquiry of a naturist woman. ANN CHRISTIAN goes girl-hunting.



Life is easier if you stick together.

Perhaps it's just another aspect of the position and role of women in society. Times are changing, it has to be said, but there is still an awful amount of stigma attached to the woman who acts alone.

Most of my female friends agree that they could never just go to a pub for a drink by themselves in the same way a man can. It's partly because staring moodily and silently over the top of a beer bottle is nowhere near as much fun as drinking with friends, but also because a woman alone is a sitting target. If she's in a pub, and drinking, and by herself, it stand to reason that

she wants to be picked up, doesn't it?

And it's not just the solitary woman who is vulnerable to approach — I was once out with a good friend, and a total of *three* idiot males came up, grinned knowingly and trotted out the immortal line — 'Hello girls, you out on your own then?'

A RECENT magazine feature highlighted the difficulties of being a single woman in London, and how to have fun without having to worry about unwanted attention. The main advice given was — make it look as though there is someone with you.

For instance, if you go to the theatre bar during the interval, always buy two drinks to make it look as though you have a companion who has just slipped out for a minute. The whole attitude was that a woman shouldn't be on her own, or worse, should feel guilty or embarrassed if she was. If a woman is made to feel uncomfortable about being alone in everyday society, how much worse is it when she wants to go to a nude beach? If she is regarded as an easy target for going into a pub by herself, how will it be if she wants to wander around naked? Is she just 'asking for it', by flaunting herself at men, attached or otherwise?

And if she does find herself the object of unwelcome attention from men who think they're on to an easy thing, will she get any sympathy? Or will everyone have the same opinion of



Where are the

her? The females-only sessions at our local clothes-optional sauna are always well attended, and most women are quite comfortable to be nude. Which proves that a lot of women have no worries or qualms about being naked, as long as they are in a secure environment. But beaches, and even sun-clubs, do not carry an automatic guarantee of protection.

IT'S time for a change of attitude; nobody — male or female — should be made to feel incomplete if they are unaccompanied. If we can achieve this, there'll no longer be a 'problem' for singles, of either sex.

If you want to know more —
phone 0891 112534
(All calls are charged at 36p/min off-peak
and at 48p/min at all other times)



We don't want to be an easy target.



We need more of a balance.

rest of the women?

JAMAICA'S CRUMBLLED DREAM ...



Ocho Rios: has this

WHEN first you visualise the tropical paradise that has just wiped out your current account balance, your mind pictures golden beaches lapped by a crystal clear blue ocean. The Caribbean sun beating down from above and happy smiling natives living their lives in the laid-back idyllic lifestyle so many of us would love to emulate.

You tend to forget that Jamaica is a third world country. The poverty of many of the native population creates an immediate culture shock for the visitor.

On the transfer to your resort you pass through roadside shanty towns cobbled together from just about anything and everything you can imagine. The poverty of the inhabitants of these areas brings home to you the reality of paradise.

After an hour and a half bus ride you arrive at your paradise oasis, except this looks more reminiscent of some of the seedier blocks of London. You've arrived, and so has the rain.

What your travel agent forgot to tell you is that this is the rainy season. Don't worry, they say, these are just showers, but ten hours later you open your eyes to see, yes, more rain.

Your complex



"You could be forgiven for thinking tourists from

is guarded by security men. When you walk along Main Street you realise why. You could be forgiven for thinking that the constitution of Jamaica includes the words, 'separate the tourist from their money and their belongings as quickly as possible'. From the street sellers to the ganja man, they all have but one aim, but at least now the sun has arrived.

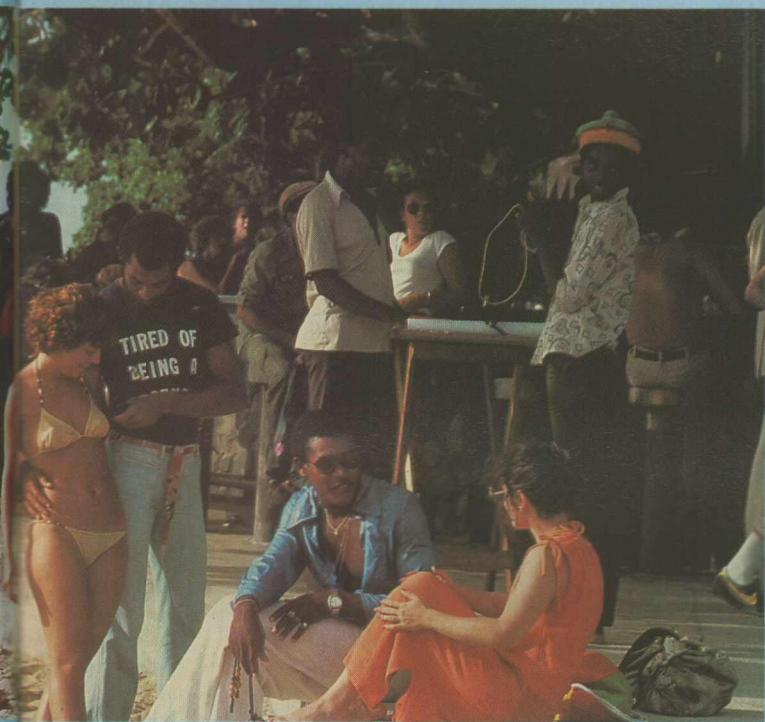
Returning to your apartment you grab the towel you have been issued, without which the guard on the beach won't allow

The holiday brochures promise an idyll. Terry Mason was desperately disappointed. Jamaica, he says, is a cracked ideal. But he admits he stayed at the wrong place.



become paradise lost?

Courtesy Jamaica Tourist Board



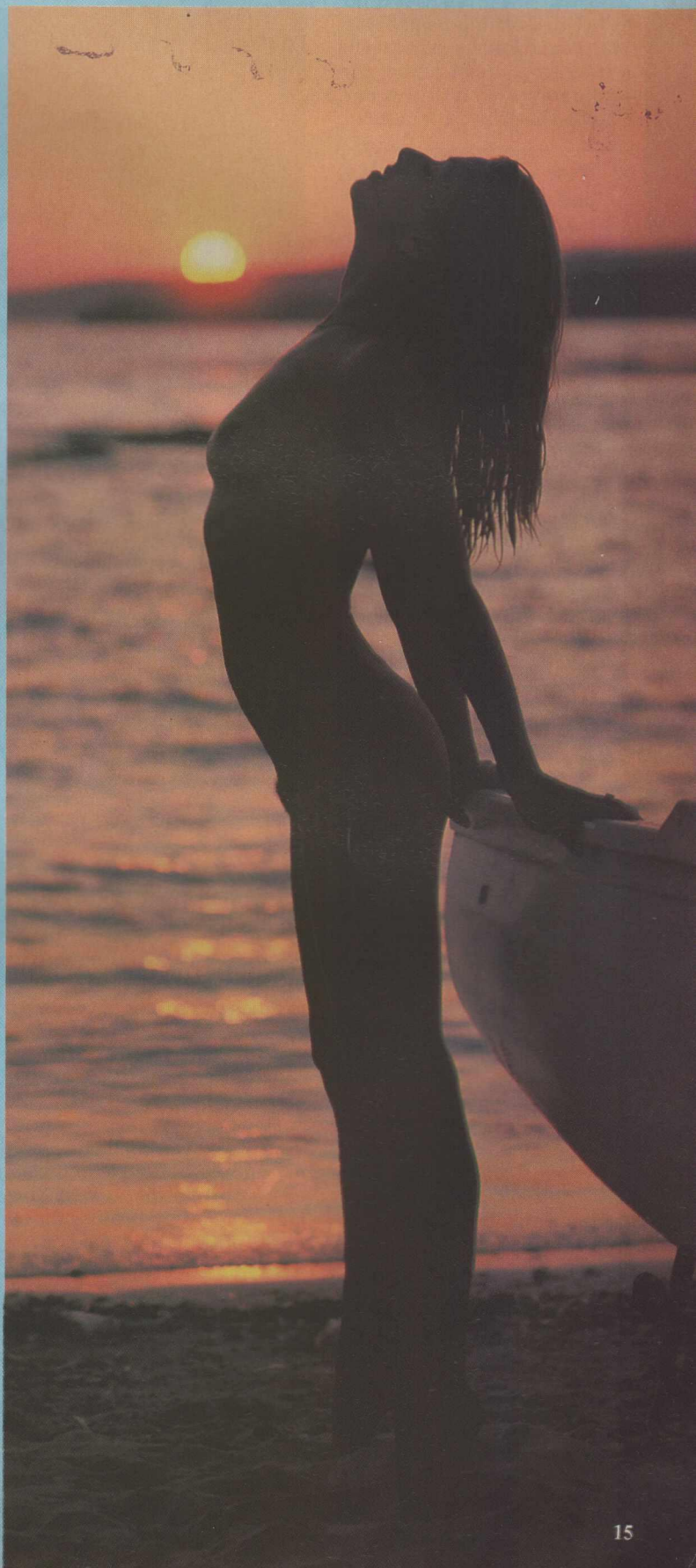
the Jamaican constitution includes the words 'Separate the their money as quickly as possible.'

you on to the sand, and head off merrily to start your tan. The long wide golden beach, flanked by palm trees, turns out to be a narrow ribbon with the palm trees hiding a chain link fence topped off with barbed wire.

WHAT the holiday brochures didn't show is that this is a natural deep harbour. This means at least half a dozen huge cruise liners a week churning up the sea bed and depositing oil and various other unmentionables

into the no longer crystal clear water. Another problem caused by these floating money machines is that the people they put ashore invariably have plenty of money. Where rich people go, prices tend to keep pace, depleting your strained budget even further.

For an island that was originally inhabited by people who wore very little, they are now amazingly prudish. Your wife, used to the freedom of Spanish beaches, finds that even being topless here can be



prohibited. She does it anyway, and you spend the next hour looking for the local police to arrive. An hour is about all you have because down comes the rain again.

Two days in and it's all getting a little repetitious. Back in your room you find what is probably the only advantage of being this high — free cabaret. Looking out at the tower blocks opposite, you see couples doing what couples do the world over while it's raining, but usually not in full view of the neighbours. Was I ever that young? Maybe not, but I remember the enthusiasm. Your brain, allowing itself to be persuaded,

"Your wife goes topless, and you spend the next hour looking out for the local police"

drags you off the balcony and eventually into fetching paracetamol for your wife's headache. Ah well, it was worth a try, and wouldn't you know it, on your return to the balcony, yes, they've closed the curtains. Welcome to paradise!

With sex out of the way the average man's mind turns to food. Off you go through the rain to eat. Small portions — half-way through my second main course it became evident that what money I had allocated for eating was going to be woefully inadequate.

ANOTHER rip-off chooses this moment to make itself known. Your bill arrives not in Jamaican dollars but in American dollars, no problem. Your change arrives in Jamaican dollars. The catch? The exchange rate used to calculate your change is up to a third lower than the official rate! With 10% government tax, 10% service charge, the exchange rate scam and an expected tip, the bill you had calculated you could afford easily takes on a whole new dimension. Your Visa card looks as though it will take quite a hammering before the end of this . . . holiday.

Wait a moment, what is this? The sun at last putting in a serious appearance. Spirits rise. People rush to the beach. Sun tan oil is splashed about liberally. The lucky few turn that attractive golden brown so loved by the advertising media. Those like me, using a sun screen with a factor well into three figures, look on with envy.

When your Jamaican security

guard comes over saying, 'Hey big guy, I think you've had enough sun for today', you know you have pushed your luck.

Sure enough, back in your apartment, a painful tingling lukewarm shower and half a container of aftersun later, you know he was about an hour too late with his warning. So you put on a shirt and the loosest pair of trousers you possess and walk like John Wayne, trying not

of golden beach, its crystal clear water and its freedom (clothes are optional) only served to highlight the drawbacks of our resort. Most of all for the first and only time during my stay in Jamaica I felt at ease and safe. The ever present tension that hangs in the air over Ocho Rios, with its beggars, prostitutes and drug pushers at last having left us for a few hours.

Many of the hotels are built onto the beach, and unlike our

some days before with the recovery of the body of a prominent local businessman from the sea. Having lived over forty years in Jamaica after leaving Britain, after promoting the island and working just before his death on the Johnny Walker Classic golf tournament, he was tied with barbed wire to a metal beam and killed.

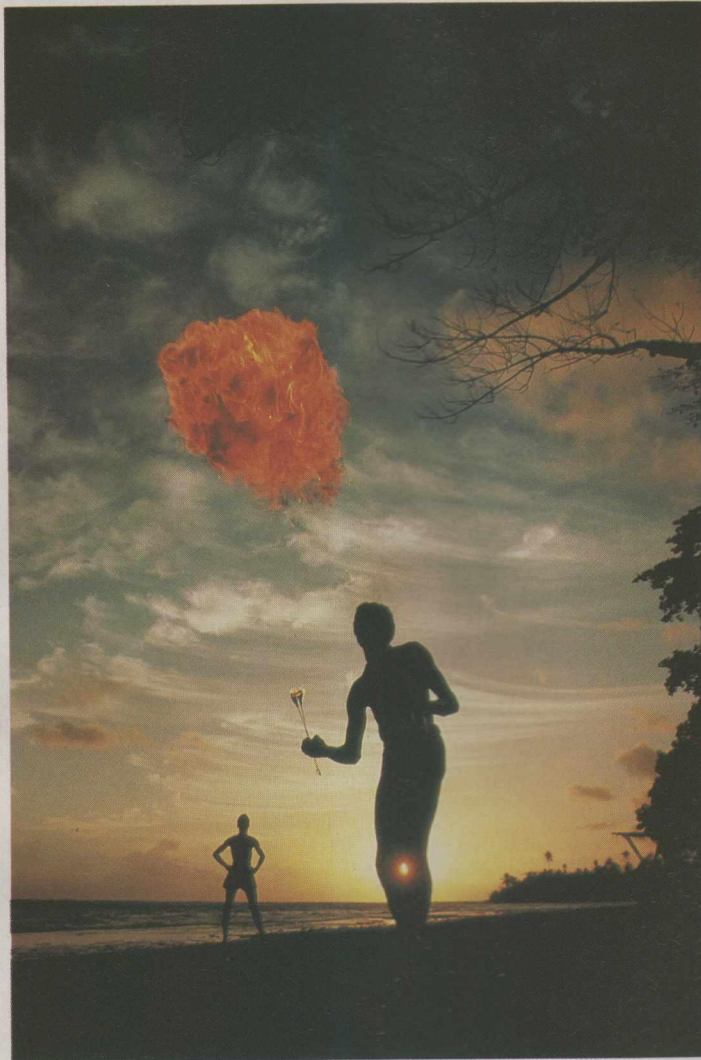
WHEN I walked down Main Street at night, turning down as politely as I could the offer of marijuana, cocaine, heroine and pretty young girls, the aggression lying just below the surface made me conscious of every shadow, of every fast moving hand. Whether real or imagined this is not what I go on holiday to experience.

Would I return to Jamaica? To Ocho Rios? No. To Negril? Probably. Jamaica could be enjoyed much more if you had a lot of money and stayed in one of the all-inclusive hotels. There you do not need to leave the hotel and beach security areas.

Postscript

Having finished these reflections on my holiday and having eked out the cash to last the fortnight, we needed a cheap meal on our last night. We decided on Kentucky Fried Chicken on the restaurant patio. A young Jamaican looking

"There can be few worse feelings in this world than having a child beg from you while you eat"



Great balls of fire: are tourists at risk?

to touch the insides of your legs together, into the sunset. That walk of course won't be on the beach, that is locked at six o'clock.

Time to take some excursions. The complimentary bar on all the excursion buses eases slightly the qualms you feel when you watch these guys drive. They have two speeds. Flat out and dead stop. You try not to linger on the dead part of stop, having seen goats, chickens, one cow, and several unidentified road fatalities.

One particular trip stands out from all the others. The resort of Negril lies in the opposite direction from the airport to Ocho Rios. Negril's seven miles

beach which closed at six, for your own safety, here you could literally walk hand in hand looking into the sunset. It was with heavy heart that, following the best view of the sunset on the island, we boarded our bus and headed back to what now seemed an even worse confinement.

During our second week on the island the Jamaican Army made its presence felt — helicopters zooming over the area and soldiers carrying sub-machine guns. I realise that this should have made us more at ease, but somehow it just highlighted the possible violence within this community. A violence that had resulted

warily around for the security staff, crept over to the barrier near our table. There can be few worse feelings in this world than having a child beg from you while you eat. It is a feeling I have no wish to experience again. I shared some of my chicken and cola with him, he checking continually on the whereabouts of the security officer. This child who ravenously ate the chicken I gave him then astounded me by creeping into the patio area, looking around continually, and depositing the wrapper in the bin.

Feeling terrible and hating the poverty that causes a child to beg from fat foreigners as they eat, I gave him some of my few remaining Jamaican dollars and wished him well. He thanked me and wished me well also. I still feel as I did then.

Jamaica, two worlds. Those who have and those who have not. I shall never return.

RELAX — IT'S STILL SUMMER IN THE PAGES OF H&E



For brilliant features, fantastic pictures, a free nudist news supplement and much much more, simply fill in the coupon below

Tick Your choice, fill in your details and send entire bottom of page to H&E, 28 Charles Square, Pitfield St., London, N1 6HT

SUBSCRIPTION PRICES WORLDWIDE		12 monthlies	12 monthlies + 4 quarterlies	4 quarterlies	2 H&E Extras	12 monthlies 4 quarterlies + 2 extras	For 2 years: monthlies, extras quarterlies
UK		£24.30	£31.30	£9.40	£7.50	£38.80	£77.60
Europe and Eire		£26.30	£33.30	£9.70	£7.90		
Middle East	Airmail	£31.40	£40.20	£10.30	£9.90		
Far East, Australia, New Zealand	Seamail	£31.40	£40.20	£10.30	£10.30		
	Airmail	£49.90	£66.40	£16.50	£11.30		



Can a man and a woman really be true friends without the relationship being tarnished by a tawdry tumble together? Mary Stephenson takes a personal view.

JUST GOOD FRIENDS?

IS it really possible for a man and a woman to have a platonic relationship? Isn't sex going to rear its delightful head at some time?

The dictionary definition of platonic is 'free from physical desire' and I can honestly say that I have had, and still have, many close relationships with men whom I in no way desired physically. That is not to say I didn't find them attractive, but the attraction was objective, in the same way that I can find a woman attractive but feel no need to have sex with her.

I was fortunate enough to go to a co-educational boarding school from the age of eight until I finished my 'A' levels at 17. Despite being brought up with boys and the school being 'progressive', it wasn't until I went to an all female college that I began to see the male sex in a different light.

Don't get me wrong, I'm not saying I hadn't fancied the odd chap and had boyfriends. But in general I thought of boys as friends first and foremost. If the relationship developed into something else then that was because of the nature of the relationship, and not because it was with a bloke. It was a matter of chemistry, not anatomy.

Nevertheless, at college I was surrounded by girls who had been to single sex schools, many had been to convents, and they were like prisoners who had been released after 20 years. Had there been a male gardener at the college, I swear he would have been raped and ravaged several times over, regardless of his looks. They treated men solely as sex objects.

Conversation in breaks between classes consisted entirely of creatures in trousers — who, what, where, when and how. It strikes me now that those women adopted the same sort of giggly attitude that the general public do when naturism is mentioned.

What is more, while they sat waiting for their 'phones to ring and a man to ask them out, I could pick up the 'phone, ring any one of several male friends and suggest an evening together. I could go to parties and pubs with my male friends without feeling conspicuous. Whether

we left together or not, it didn't matter, jealously wouldn't intrude.

At my first job I met someone who has remained one of my very best friends. Even now, after nearly 30 years, when we get together we never stop talking — about love, life, food, friendship — you name it.

We first became friends because he fell in love with one of my girlfriends and when that affair ended, he and I just continued seeing each other.

Soon we were spending most of our free time together. At work we'd go out to lunch, then when work was finished we'd go back to his place and cook up some food (or rather he would cook and I would wash up), then go to the pub for the rest of the evening.

At 22 he was older and more worldly than I was. He taught me to understand and love music, art and good food. We used to go to lesser known films he had read about, cheap but good restaurants in the back streets of London and to hear newly formed bands play in obscure venues. We went to hear Eric Clapton play in a room above a pub, Pink Floyd at a village hall and he even managed to get us into one of Jimmy Hendrix's first performances in this country at a small club in Shepherd's Market.

NATURALLY the rumours about us were rife. No-one could believe that we would spend so much time together and not make love. We were both physically attractive and his reputation with women was

widespread. Yet instinctively we both knew that what we had was special and that to make it sexual would spoil it.

WE never discussed it, it was always understood. Instead he went out with my girlfriends but being fickle at the time, he quickly became bored and went on to the next. If there is anything I could bear a grudge against him for, it is the number of women I lost touch with because he had broken their hearts.

As the years passed we drifted apart through circumstances. We both married, I moved away from London and we kept in touch through Christmas cards.

Interestingly we communicated instinctively when one or other of us was going through some personal trauma — I rang him out of the blue the day his wife left him, he rang me by chance the day I was told I'd got cancer and with my husband away I had no-one to talk it through with. Most important is that when we talk, it is with a freedom based on the fact that we can say anything without stirring jealousy or doubt or divided loyalties.

A friend of mine had a very similar relationship with a man for three years but he saw each woman as a challenge and in the end she gave in. The step from close friends to sexual partners created tensions on both sides and the night was less than perfect. Afterwards they tried to revert to being friends but the balance had been upset, the ease with which they had spoken before was lost to ambiguity; the suggestion of a drink

together held question marks it hadn't previously held.

'It was a high price to pay for one unremarkable night together' she says. 'I became just another of his conquests.'

Sex is great, but friendship is greater and unless the relationship can develop into something more enduring where sex and friendship can co-exist, then it is wiser not to step across that line.

Many relationships between men and women that start out as a friendship can become sexual and develop into strong marriages. But if those two subconsciously know that they wouldn't be suited to each other as long-term partners, any sexual dalliance together is likely to affect the relationship.

In any relationship sex without friendship is a hollow pleasure; friendship without sex can be enduring and very valuable.

But can such a friendship be described as platonic? The fact that you decide not to make it sexual does not necessarily mean you don't find each other attractive. And does finding someone of the opposite sex attractive mean you want to go to bed with them? Can it be described as being 'free from physical desire'?

IHAVE to relate back to my own experience of that friendship to come up with an answer that satisfies me. There is no doubt that I have always found him attractive. It used to give me a kick when people saw us together and thought we were an item. He had, and still has, striking good looks and his personality always makes him the focus of attention. I knew there were many women who looked enviously at me, thinking mistakenly that he was mine.

Yet the thought of having sex with him makes me squirm. It would be like trying to make love to your favourite teddy bear — he just doesn't play that role in my life. It is akin to the aversion one feels at the thought of having sex with a brother.

So maybe it is possible to have a platonic relationship with someone of the opposite sex, and personally I would highly recommend it.

H&E

Meeting Place

H&E

A NEW APPROACH TO MEETING PEOPLE, PRIVATELY AND CONFIDENTIALLY
0891 112 529

INFORMATION LINE

For a comprehensive explanation about **MEETING PLACE** and how it works, you can call the information line anytime on
0891 112523

MEN

Male 31, seeks couples for fun times and friendship in SE England. Discretion assured, no time wasters. Voice box No.66064
Attractive Male 6ft 12 stone, dark and athletic build, good sense of humour, looking for females for safe adult fun. Voice box No. 66688
23 Yr old male looking for couples and females between 30-50. I am slim, young and athletic. Voice box No 66049
Attractive guy, 36, bi-sexual widower, seeks young gent/couples. Loves the outdoors and needs something special to spice up life. Voice box No.65700
Handsome tall Male, late 30's, financially well off and generous, seeks attractive female 20-45 for fun and naturist days out. Voice box No.66048
Dave 39, medium build divorced looking for a happy go lucky lady, loves Naturism and the countryside, own house and car. Voice box No. 54080
Male Naturist, 40res-ident overseas, regular London visitor seeks female naturist for steady Naturist club friendship.
33yr old Civil servant, looking for a nice non-smoking girl. Lives in Milton Keynes. Voice box No. 66699
Mature 6'2 38 13.5 stone guy seeks female for mid-week meets. Genuine ongoing relationship wanted plus initiation into Naturism desired. Voice box No. 40094
30 year old male, seeks female 30-40, for discreet fun and to accompany adult parties, all calls answered. Voicebox

COUPLES

Norfolk Couple, He 39, she 30, plump, blonde pierced, seeks young man for her, and for her husband to watch, long term arrangement for right person. Voice box No. 65656
32 year male 30 year old female looking for friendships with couples. Both naturist, both clean shaven non smoking professionals. Voice box No.54554
Couple mid thirties in love but bored, seek couples in similar circumstances for light-hearted but serious weekends. No time wasters. Voice mailbox 40083
Couple in 20's would like to meet a young naturist lady 20-30yr in Devon area, for friendship. Voice box No.66599

WOMEN

Lady 25 5'7 tall, blonde hair attractive with very rounded figure. Loves the home life. Good sense of humour and seeks older man for companionship. Voice mailbox 40084
Hello my name is Tracy. I'm a 34 yr old coloured lady who is unattached and I'm looking for a permanent relationship with a professional man in his mid thirties. Voice mailbox 40087
31 and still not found mister right, I'm a blue eyed brunette needing someone to be there when I need them. Replies to all genuinemessages. Voicemail40096

Hello, my name is Arlette and I'm 36, divorced and have three children. I own a large property and am looking for a kind considerate man to be my knight in shining armour. Voice mailbox 40101
Helen 28 5'3 with curly blonde hair and green eyes. I'm looking for a straight, fun loving male between 25 and 40 for romantic evenings. Voice mailbox 40100
Straight lady in early 50's recently divorced and children married! ... wishes to create new social circle to enjoy new freedom. Voice mailbox 40093
Kent, 30 year old blonde, 5'8, devoted naturist, enjoys health clubs, own car and house and willing to travel. Voice box No. 54044
Business Lady 37 yr suffering from stress of running own business would like to meet attractive relaxed business man for calm conversations about business and pleasure. Voice mail box 40090
Australian girl here for 1 yr would like to meet a true London boy to see sights and night life. Must be between 25 and 30 and fit. Romance, long or short term possible. Voice mailbox 40094
I'm Rani, a 27yr Bengali girl and have long, dark brown hair, dark brown eyes and a quiet nature. Would like a European man who may be interested in marriage. Voice mailbox 40102
Fast living & fancy free. I'm 25, slim and blonde. I love London night life and would like a guy to share my mad social life, must be warm with a great sense of humour and funloving. Voice mailbox 40104
I'm an attractive well-proportioned Eastern European lady who enjoys

swimming, tennis, good food and travel. I want a strong, well built man with blue eyes and lots of affection to spare. Voice mailbox 40097

GENERAL

23yrs, straight, with a lively character new in town, in fact a real country bumpkin —so wants to make many friends of both sexes for socialising interests, cinema, music, eating out etc. Voice mailbox 40088
19yr computer student would like to find a student friend, if the feeling is good we could have some laughs together and maybe more. No time wasters. Voice mailbox 40103
Adventurous female seeks rich male to sweep her off her feet and take her to the stars. I'm 23, blonde and slim but curvy, will answer all Errol Flynns! Voice mailbox 49109
Hi I'm 39 yrs, divorced, weigh 81/2 stone non-smoker. I like cinema badminton & gym. I would like a straight gent with a great body. Voice mailbox 40105
Single male, 34 yr naturist seeks single ladies and couples for socialising and fun. 6ft tall, bubbly personality with good sense of humour. Voice box no. 65585
39yr old Professional man, with many interests particularly in the theatre and the arts would like to meet 25-35 year old girl for long lasting relationship. Voice box No. 65598
29 year old guy, looking for couples/singles any age, colour or size who like beaches and giving and receiving massage. Please give a lonely naturist a call and make his day. Voicebox No. 54470
Male 35 club Member, seeks

naturist friends up to 40 male or female, in Midlands area for socialising or beach visits. Voice box No.65768

Manchester based 47yr naturist lady, seeks company of a similar nudist man for down to earth naturist companionship and friendship. Voice mailbox 40089
Surrey man, 39, enjoys pop, pubs, cinema, TV and many other things seeks genuine lady for long friendship, no children. Voice box No. 66090
49 yr old, widower, lives in Northern Ireland, likes beach walks and outdoor rambling, looking for ladies for discreet friendship. Voice box No. 66567

Good looking man new to naturism, lives in Essex, seeks female friends or couples to help introduce me to the ways of naturism. Voiceb No.54508
French Student studying in England wishes to meet gentle, caring English boys. They must be between 19 and 23 years and be interested in the arts and classical music. Voicebox 40108
Young American girl, 21 yrs. In England to trace family tree. Could people with the name of Adam in the South East please contact me (or people who know that their family comes from that area). Voice box No40107

Meeting Place Advertisements

All the adverts appearing in the magazine section are from genuine people looking to make new friends and relationships.

TO REPLY, DIAL 0891 112529

You can listen to a personal message, recorded by any of the people listed above. At the end of each ad you will see a voicebox No. Dial 0891112529 and then enter this number using your phone to listen to the message. If you like what you hear, you can then leave a message for that person.

TO LISTEN TO A SELECTION OF FEMALE ADVERTISERS DIAL	0891 112526
TO LISTEN TO A SELECTION OF MALE ADVERTISERS DIAL	0891 112527
TO LISTEN TO A SELECTION OF COUPLES DIAL	0891 112528

ADVERTISE, DIAL 0891 112525

If you want to place an ad in Meeting Place, simply get a pen and pad and write down an advert for yourself similar to the ones shown — maximum length 25 words. Also have in mind things you would like to say in your voice message or even prepare a little script. Dial 0891 112525 and first leave the 25 words for your advert, then leave you personal voice message. Readers will call your voice message from the ad and if they like the sound of you, will leave a message for you. You will be given a unique telephone number which allows you to listen to these messages. You can then contact the people you like. It's your decision. The service is safe, completely confidential and easy to use. So write your ad, pick up the phone and see just how effective Meeting Place is.

24 hours a day. Calls charged at 36p per minute cheap rate and 48p at all other times. Calls must be made from a push button phone and advertisers must be a minimum of 18 years of age

Dear Marianne.

SALTY TALE

YOU published a letter about somebody who wanted to get a tattoo removed and it reminded me of something that I was once told by a tattooist who had worked all his life in a naval port. He suggested that tattoos could be removed by rubbing a dampened pad of medical gauze into some table salt and then rubbing it over the tattoo until blood starts to ooze out. A scab forms that will take much of the ink with it when it falls off. The procedure can be repeated several months later and if repeated two or three times the tattoo will disappear.

Thank you for the information but this sounds just too painful and unpleasant for me to recommend to my readers. As I suggested originally — laser treatments are becoming more and more successful at removing unwanted tattoos, and even though they cost a great deal more than the 'do it yourself' method described above — I most strongly urge people not to try and remove their own tattoos.

HOLE STORY

I WANT to get my penis pierced — how do I go about it, and what other areas of the body can be pierced?

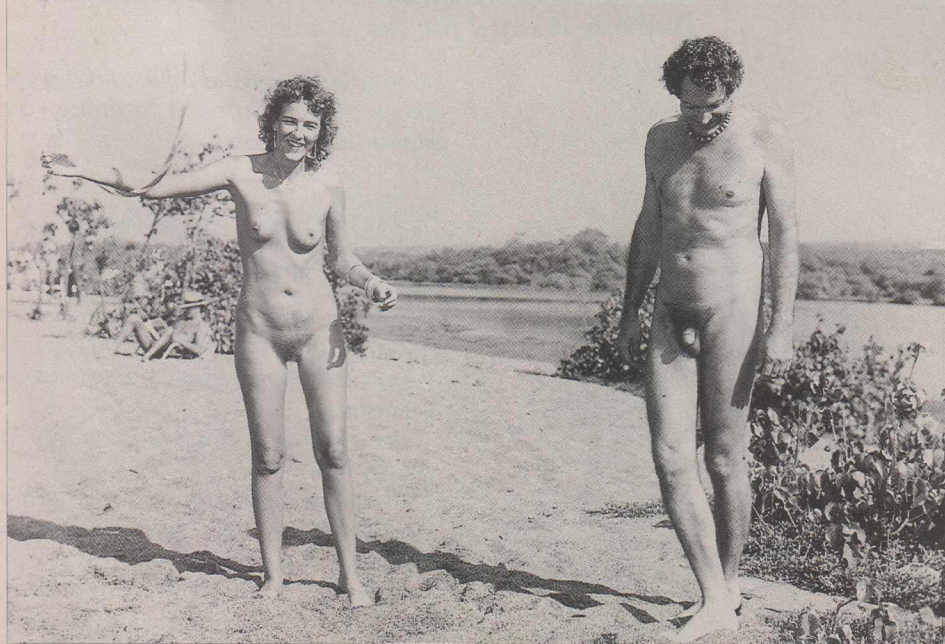
As far as I am aware, just about every area of the body that is not an articulating joint like a knee or elbow can be pierced. In some cultures small wooden rods are inserted into the back, in others the breasts, labia and penis are commonly pierced to



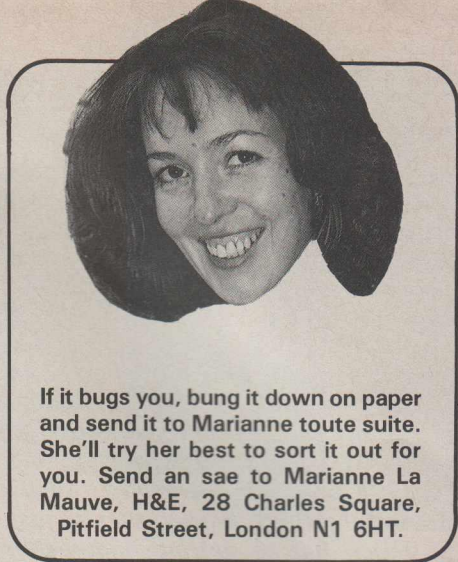
Healthy and happy.

hold various types of jewellery.

How you go about it is a different matter. Magazines which advertise tattooists often have adverts for body piercing too, but I suggest that before you commit yourself to a piercing you take a good look at the would-be piercer and his business premises. If it's not shining clean and he doesn't offer to use a sterilised piercing instrument I would choose somewhere else. In these days of AIDS contamination from needles you need to be very sure that you aren't taking any risks.



Totally cock-a-hoop . . .



If it bugs you, bung it down on paper and send it to Marianne toute suite. She'll try her best to sort it out for you. Send an sae to Marianne La Mauve, H&E, 28 Charles Square, Pitfield Street, London N1 6HT.

TWIST TO YOUR TAIL?

IS IT normal to have a 'bend' in the penis? Mine has a definite lean to one side when I am aroused. Will this damage any woman I make love to, and will it prevent either of us enjoying ourselves?

Yes, no and no! Most men find that when they are erect their penis leans to one side or the other, this is quite normal and nothing to worry about. Although the penis seems very hard, it is in fact quite flexible and the vagina is a very elastic area of tissue and muscle, so there is no need to worry about damaging yourself or your lady. It certainly won't affect your enjoyment unless you worry about it so much that it prevents you relaxing and enjoying sex.

TOO MUCH OF A GOOD THING?

I AM 73 years old, and when I went to the doctor for a check up recently he asked about my sex life. I told him, rather shyly, that I masturbate reasonably frequently and he told me I shouldn't risk overdoing it at 'my age'. What I didn't tell him is that I really masturbate every day. Now I am worried that I may be doing myself some harm, but how often is too often?

Tricky question. Most people know if they are masturbating too much because the sexual organs get sore, a climax gets more and more difficult to achieve and they often have to stop and 'have a rest' part way through masturbating because their hands or arm muscles get tired. If you are in generally good health and reasonably mobile then masturbating shouldn't do you any harm, and these days more doctors are trying to encourage older patients to keep their sex lives going strong. It has massive benefits for circulation, muscle tone and just giving you something to look forward to. Why not talk to your doctor again? Or if you can't face him, make an appointment to see another doctor and get this sorted out, after all, once your mind has been set at rest you never have to see him or her again.

GOOD GEAR GUIDE

I KNOW some people have asked this question again and again but as a naturist of some 40 years standing I just don't understand why some people have to get dressed in the evening to go to dinner or to a disco?

Well, some do and some don't and I say live and let live. My own preference, as far as evenings go, is to dress, in something attractive and (dare I say it?) revealing. Why? Because getting dressed can be just as much fun as getting undressed, and sometimes it is lovely to wear an elegant dress to have dinner in or put on some bright clothes to boogie the night away. My own feeling is that naturism is about not having rules and people should be free to dress or undress as they feel happiest.

RUNNING BARE

IS IT really dangerous to jog in the nude? I have a secret dream of running along a beach with nothing on but my trainers. I told a friend about this and he said I was crazy to even think about it because it could cause all kinds of damage.

To a certain extent you are both right. There is something very exhilarating about jogging in the nude, but it can cause areas of the body that need support (the breasts, penis etc.) to get very sore from friction and also from the constant bouncing up and down.

As long as you just jog and don't run, and stop as soon as you feel at all tired or sore, you probably don't



Perfectly dressed for the beach.



Nude exercise is best!

need to worry about injury. I hope you find a secluded beach to make your dream come true.

SINGLE, SANE — BUT SOLITARY

WHAT do you do if you're single and naturist? Just because I'm on my own I don't see why I should be treated like a pervert.

Are there any clubs or societies for single naturists?

Attitudes are hard to change. Luckily clubs are becoming more broadminded about this now.

There is the Singles Outdoor Club, c/o BCM SOC, London WC1N 3XX. Get in touch with them and they should help you out.



Marianne: a problem shared . . .

Sailing holidays must be the ultimate in hedonistic naturist pleasure. For experienced sailors as well as those who've never grabbed a rudder before.

By Robert James.

Photos: Rex Features, Odysseus Yachting Holidays.

DO you want a quiet evening taking in the last of the sunset, putting the world to rights over a beer or two with your companions, the balmy warmth enhanced by the silence and solitude? No problem — head for a quiet cove, drop the anchor, get the drinks out of the refrigerator and make peace with nature.

Later, perhaps, one of your party will prepare a simple meal on the cooker. Alternatively, you can go ashore and dine out in a local restaurant. It seems that even the quietest anchorages have a taverna within a simple walking distance.

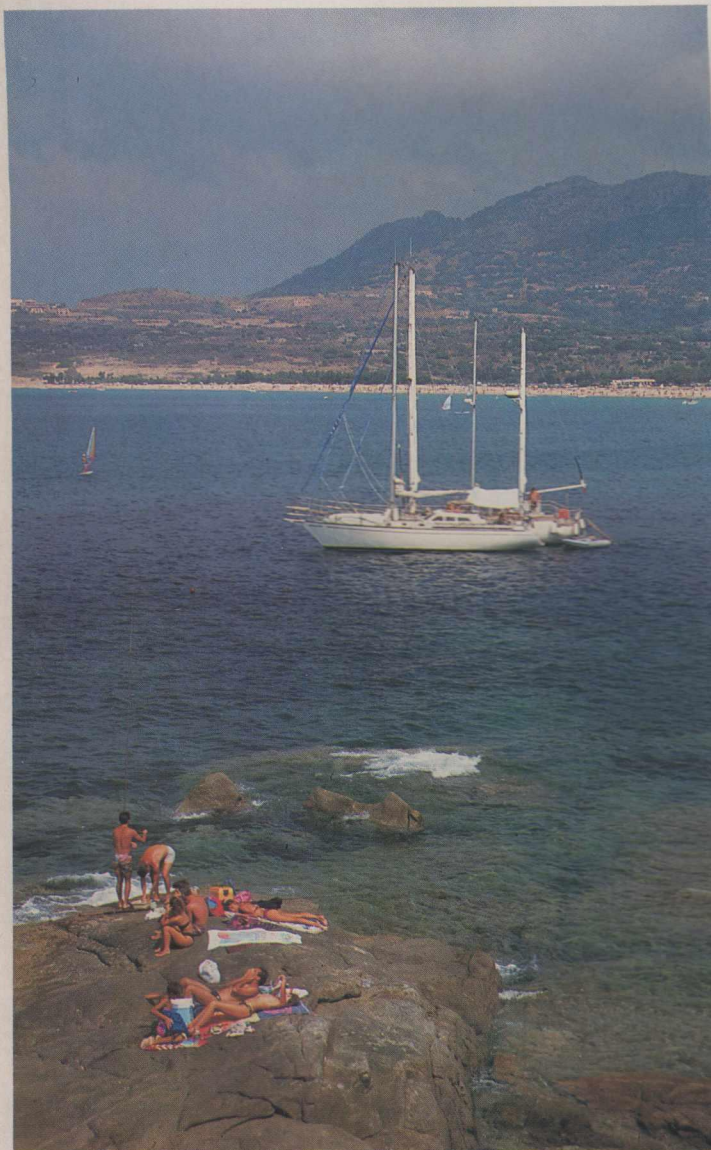
Perhaps, however, you want some action in the evening, the

bright lights and music, dancing to the small hours before retiring to your boat and tumbling into your comfortable berth, exhausted and happy.

No problem either, head for the harbour of that small town that you identified on the chart. All the information that you needed to find out if it was going to be your sort of place was provided by the Pilot Book that had been helpfully left on board with the charts.

The next day you can stay where you are or you can lazily prepare for an easy few hours sailing to your next chosen utopia, gliding gently along on light summer winds that are just perfect to fill the sails.

Lunchtime, drop the sails in a



Sailing to paradise.

secluded bay and dive into the warm sea. Enjoy the fun and the sheer joy of the escapism like children.

Get out the windsurfer and fail once again to master the art. Use the snorkelling equipment to chase shoals of rainbow coloured fish.

Take the rubber duck (inflatable dingy) and make for the beach that temporarily belongs to only you and your companions. Lay on the unmarked sands and let the sun once again caress your naked body to an even honey bronze.

BACK on board, fresh bread, ice cold white wine and fresh fruit never tasted so good as you lounge in the cockpit or stretch out once again on the decks. The equipment to do all this exists on most yachts and in the rare cases where it is not standard it is available at extra cost.

If you are still reading this then you may be hooked and want to know more of the practical aspects of how to go about booking a holiday that matches your needs,

experience and pocket.

The freedom and nature of sailing run hand in hand with nudism. You could spend most of your time naked.

If you have very little sailing experience the answer might well be a flotilla holiday. The minor down side is that you have an itinerary to follow but this is always very relaxed.

You would have to meet the occupants of the other eleven boats six or eight times during the fortnight. Sailing folk are an easy going lot. Many will take their early morning dip without clothes, naturists or not, and many beach barbecues end with a midnight naked mass swim.

The rest of the time you are not close enough for it to matter as the days of regimented follow-my-leader sailing, where the flotilla looked like some gigantic mother duck with young, are, mercifully, long gone.

Nowadays skippers' briefings entail being asked to meet in a couple of days at such and such a bay or harbour followed by useful local up-to-date

DUCKS to WATER

VOYAGES FOR THE VENTURESOME

information to augment the pilot book.

THE flotilla lead boat is usually crewed by the flotilla skipper, an engineer and an hostess. These people unobtrusively look after you during your holiday and it is they who greet you and get you comfortably aboard your boat when you arrive.

The next day the skipper convenes the first briefing and gives you general navigation information, the overall route, details of the good restaurants and most importantly where the best bars are.

The hostess keeps you informed on the current best food buys, where to buy the basics and vegetables and where the rarely needed medical facilities can be found.

The engineer advises you on the few fundamental mechanical items that need your attention from time to time and looks after any malfunctions that might occur to your vessel.

You can keep in touch with

the lead boat and your friends on other boats by use of the VHF radio on each craft.

If you are taking this holiday for the first time then a large well organised company that advertises the easier sailing conditions must be your target.

As a general rule do not try and fill the boat to its theoretical maximum capacity as it can get a bit crowded even with minimalist clothing.

Having said that, conditions are often conducive to sleeping on deck; lying with your loved one on the foredeck with a star laden sky your only cover is a moment that dreams are made of.

Four adults in a thirty-foot boat is about right from both the accommodation and handling point of view.

The more experienced party can undertake an appropriately named bareboat charter.

Here you rent the boat for your holiday period with few restrictions other than to return the boat to the agreed spot at the end.

There are a wide choice of

companies that offer bareboat charters but it is wise to check a number of items before the final booking.

First and most important, do you have a skipper for your party who has adequate skills and experience to undertake sailing in the region and boat that you have chosen?

Your group should also have a second person with some similar skills to take over in an emergency.

Some companies like to check out your competence by accompanying you on the first day to convince themselves that you have the necessary abilities.

To fail means that you have an unwanted and relatively expensive guest on board, perhaps for the rest of the holiday as they may insist that you have a paid skipper.

In reality this does not

happen too often but it does need you to be objective in your assessment of your skipper's skills before booking such a holiday.

Other questions will include details of the boat's inventory. Vessels used for bareboat are sometimes privately owned and used by the charter company.

These boats can often be very well equipped whilst boats owned by the charter company may be less well equipped giving greater meaning to the term 'bareboat'.

If all the above checks out OK, however, the resultant holiday can be idyllic.

As a possible half-way step between flotilla and bareboat you could consider bareboating from a flotilla fleet owner. This solution allows you to go your own way whilst reserving the option to join in with one



Making a splash with the crew.

or other of the flotillas if you want to.

A further option is to take a skippered boat where you would have a skipper provided

FACTBOX

One of the companies that provides some or all of the schemes discussed is 'Sunsail' and their brochure can be obtained by writing to them at:

Sunsail Ltd.,
The Port House,
Portsmouth,
Hampshire PO6 4TH.
Telephone: 0705 219847.

Another company to contact for a flotilla holiday would be:

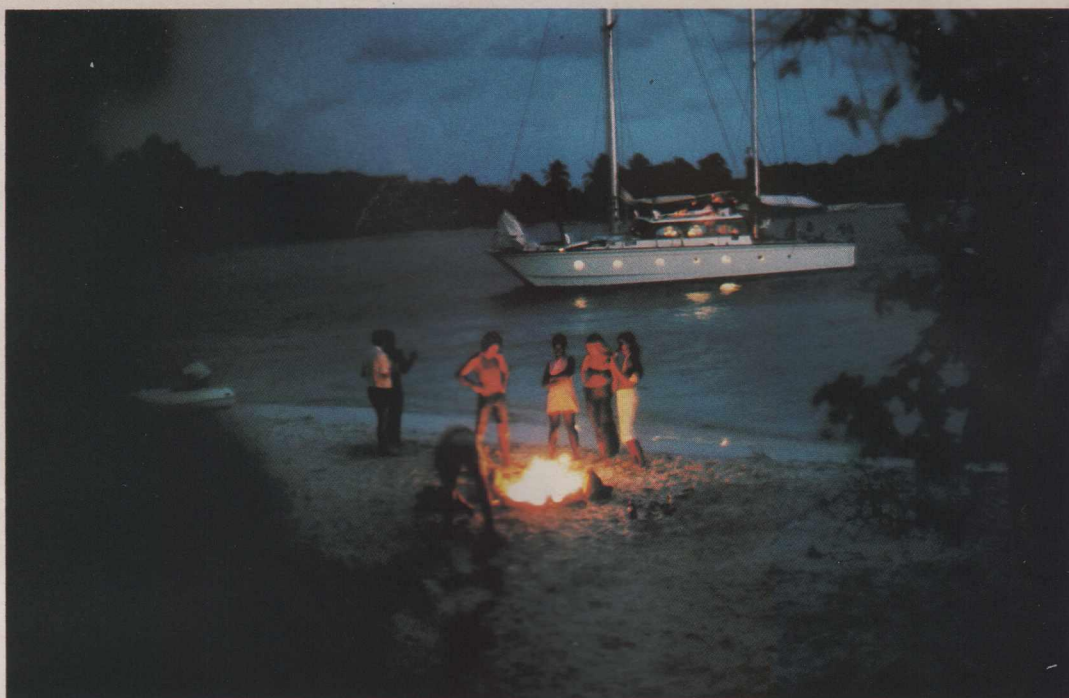
Odysseus Yachting Holidays,
33 Grand Parade,
Brighton BN2 2QA.
Telephone: 0273 695094.

Bareboats can be obtained in a variety of locations from the exotic to the ultra-exotic! Companies worth contacting would include:

The Moorings Yacht Charter Ltd.,
Ancaster House,
Port Hamble,
Satchell Lane,
Hamble,
Southampton SO3 5DQ.
Telephone: 0703 454576.

Top Yacht Charter Ltd.
Andrew Hill Lane,
Hedgerley,
Buckinghamshire SL2 3UW.
Telephone: 0753 646636.

Finally, you could turn to the advertising pages of the yachting magazines such as Yachting World, Yachting Monthly or Practical Boat Owner as further sources of information — Good luck and happy sailing.



End the day with a beach party.



Summer breezes fill the sails.



A chance to meet other sailors.



Good company, great scenery — what else do you need?

by your charterer, at your expense, to look after all the sailing responsibilities.

UNDER these circumstances you would need to tell the company beforehand that your party are naturists so that they can ensure that a suitable skipper is chosen.

Not much of a problem and I am assured that there is every possibility that he or she would join in and enjoy the pleasures of naturism.

**Find out about our
holidays —
Phone 0891 112530**

(All calls are charged at 36p/min
off-peak and at 48p/min at all
other times)

Just Imagine...

INTERNATIONAL
H&E
MARKETING

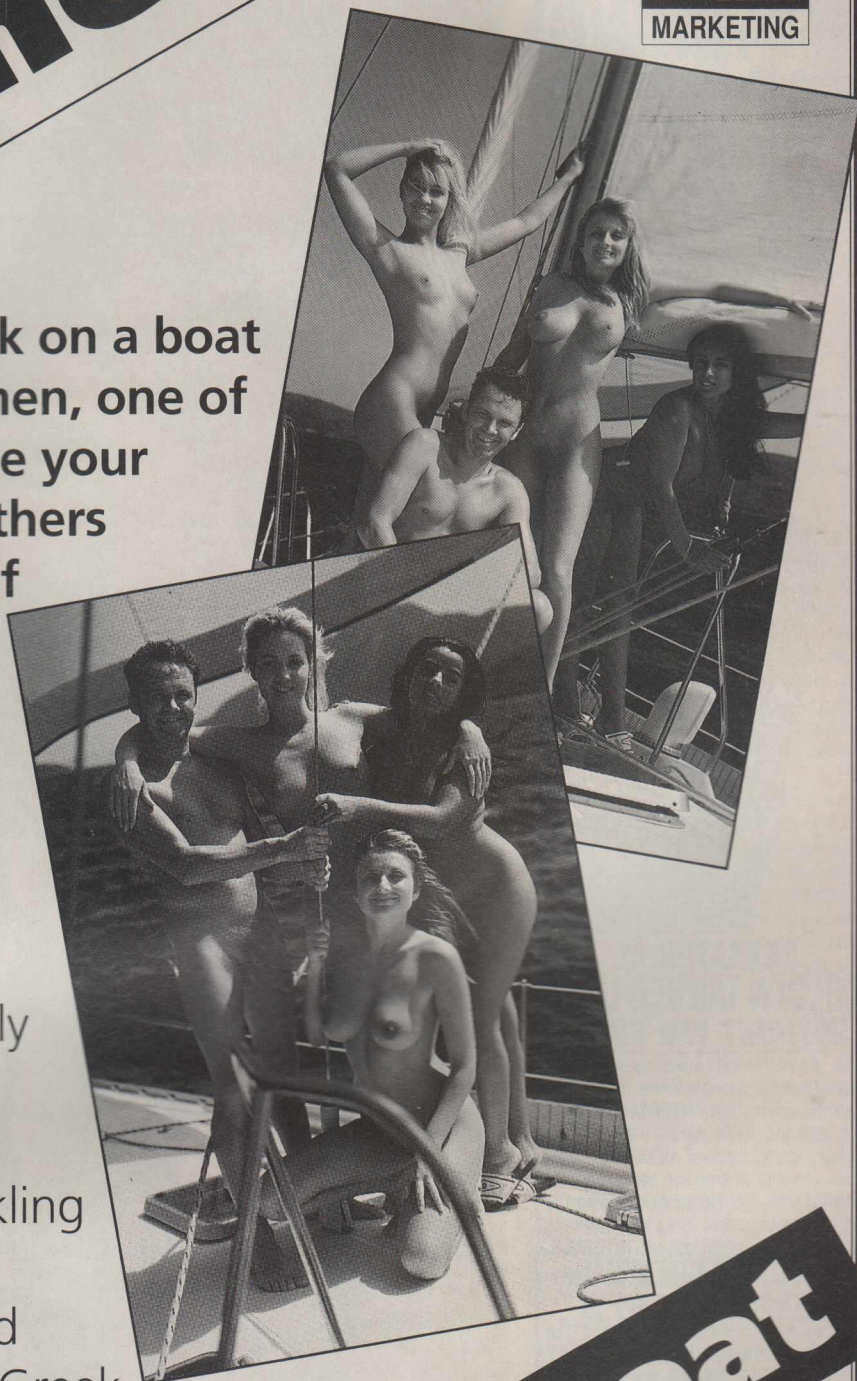
You're stuck on a boat with three women, one of whom happens to be your girlfriend. When the others suddenly inform you of the fact that they like being nude, in fact that they prefer being in the nude —what do you do?

Fun, frolics and imagination —as is usually the case with Charlie Simonds, his films have more than a liberal sprinkling of them all. In Bareboat Odyssey an action-packed sailing adventure off the Greek coast, fantasy becomes reality.

But if you want to find out more, why not turn to page 46 and order it. You're in for a treat.

£24.99 (+p&p)

**with Bareboat
Odyssey**



FREE TANNING CAPSULES

WORTH **£8.95** ONE MONTH'S SUPPLY



HAVE A
FABULOUS
ALL YEAR
ROUND
TANNED
LOOK

SENSATIONAL GOLDEN TANNED LOOK WITHOUT THE SUN...

Gain a rich all year round, no white bits, golden holiday tanned look with healthy and youthful looking skin. **INTERTAN** capsules are safe and 100% natural. Get the rich golden tanned look of **INTERTAN**. Just think—no wasted time sun bathing and its harmful UVA rays. No sunburn, peeling or ageing wrinkling skin. Just a lovely youthful glowing golden tanned look with **INTERTAN**.

FABULOUS DOUBLE VALUE INTRODUCTORY OFFER

Buy one month's supply at £8.95 Post Free and get one month's supply **ABSOLUTELY FREE!** Yes **FREE!** Half the price of similar products now being advertised in the National Press. If you are not delighted, simply return to us for a full refund. Send orders with Access/ Visa or Cheques/P.O.'s details (Please print your name, address and Dept. code on the reverse.) to:

EUROPA INTERNATIONAL SPORTS LTD.
Dept. HE9, Europa House,
3-4 Copse Rd, Fleetwood, Lancs. FY7 7PB

24 HR TELEPHONE
ORDERING SERVICE
0253 772240



Please allow 14 days
for delivery.



**MAKE THE MOST
OF YOUR NAKED
FREEDOM WHILE
YOU CAN!**

WHY CAN'T GWEN — IF ITS OK FOR MEN?

GWEN Jacob has caused quite a commotion, since the day she decided to go topless last summer in the small Canadian town of Guelph.

She stripped in the local shopping mall and strolled the streets topless.

Police Constable Robert Mullin was at an intersection near the University Campus when Gwen, clad in only a pair of shorts, crossed the road in front of him. Mullin got out of his car and asked Gwen to put her top back on because he felt it 'wasn't morally right for a young lady to walk around with her breasts exposed'.

Gwen refused, she also refused to give her name, but told him she had a constitutional right to go for a stroll with her shirt off.

Mullin was later called to the scene of an incident outside the home of a witness, Diane Pettifer, who called to complain about Gwen, who was still unrepentantly topless, and arrested her.

Jacob was charged with 'Committing an indecent act'.

These events take on a different perspective when one discovers who Gwen Jacob is. She is a student at Guelph University where she is taking a Bachelor's degree in philosophy and women's studies.

During the trial, the court heard evidence from witness Joanne Snarr, who said that she had to grab her two toddlers and conceal them in the backyard to prevent them catching sight of Gwen's bosoms. She told the judge that she thought it was 'dirty' for a woman to publicly expose her breasts which are meant to be seen by husbands only.

During cross examination by Gwen Jacob's attorney, Snarr conceded that she was not offended by the naked breasts on a statue in downtown Guelph, which had been the topic of some controversy because that was 'a work of art'. She also said she thought it permissible for a man to remove his shirt in public but not a woman. A man's chest is 'okay', so is a female chest on a statue — that is elevated to 'art'. A real woman's breasts, it seems, according to Mrs Snarr, were 'dirty'.

On one level the whole thing sounds quite trivial. The facts offered in evidence sound so surreal they could be from a Monty Python sketch. However, the case raises some interesting



James Lewis reports on a Canadian court case concerning one woman's quest for sexual equality — which included topless walkabouts.

and important points regarding the freedom of the individual, sexism and discrimination.

Gwen Jacob's argument is that she was only arrested because she is a woman. A man, she argued, would not have been arrested. A man can take his shirt off in public — a woman can't. That, she claims, is discrimination and discrimination on the grounds of sex is unconstitutional.

AT one point in the trial, attorney's were locked in a battle over what exactly Gwen had exposed. According to the prosecution, who quoted sex experts Masters and Johnson, 'the breast is an erotic sex organ and should not be seen in public'.

Gwen maintained that the female breast is a 'sweat gland' no

worse than such secondary sex features as mens' beards and forcing women to conceal their breasts contravened their right to be free of discrimination on the basis of sex.

The police officers involved in the case seemed to admit, albeit unwittingly, that Gwen had a point. Sgt. Maurice Obergan told the court that his training at Police College had taught him that 'the female breast is a sexual object'.

He cited the distinction between assault and sexual assault. If a man pinched another man on the breast that would, in law, be assault. If, however, a man pinched a woman on the breast it would be sexual assault.

That opens a whole Pandora's box. If Gwen Jacob was acquitted,

on the basis that a woman's breasts are not sexual objects this would possibly set a precedent which would give women the freedom to go topless in Canada, if they so choose, on the other hand the case might also set another precedent that would weaken the law which protects women from sexual assault.

PC Ilona Wicinski, a female officer called in to assist with Gwen's arrest, agreed that she would arrest a woman 'because breasts are sexual objects'.

WHEN Diana Pettifer, whose complaint had led to Jacob's arrest, said she found Gwen's actions 'rude and disgusting' she was asked if she objected to the idea of the law allowing women to dance topless in bars to sell liquor. Her reply was 'I've never seen any of them walking along the streets with their tops off'.

Jacob told the court that she thought such establishments existed because some women were desperate for money and men visited such places because they got a certain sexual excitement from watching the dancers. A statement which rather defeats her own argument that female breasts are not sexual objects.

Refuting the statements of witnesses who called her action 'dirty', 'rude' and 'disgusting' Gwen told the court 'I generally don't do things I find to be dirty, rude or disgusting'.

After the hearing Gwen Jacob was involved in an CFRB radio talk show and told listeners that her battle was being fought for 'equality' not 'nudity'.

Gwen Jacob was subsequently fined \$75. In his ruling, Judge Payne said he would have given an absolute discharge had Miss Jacob not criticised the Canadian judicial process and vowed to go topless in public again in media interviews.

The maximum penalty available was a \$2000 fine or six months jail.

Following the trial, Jacob was unrepentant. She admitted to reporters that her action was not entirely spontaneous, she wanted to remove her top to make a point, but the exact timing was dependent on the weather.

She's considering an appeal, and told reporters: 'I won't get dragged before the courts again, I'll storm in!'



Whether or not you're a naturist . . .

MY local Council is kicking up Hell's Delight. One or two Great

Wise Ones want all councillors and council staff to declare whether they are Freemasons.

That tells me one thing straight away — that those asking are not themselves 'on the square'.

If they were, they would already know who else followed a like code, or could be quietly confident that sooner or later their conversation or handshake would tell them.

What is more, they will continue to be nice, caring, helpful people, both to fellow Freemasons and to Mr Ordinary Joe Soap, non-Freemason.

A pound to a penny that those demanding to know are a few nosey parkers absolutely *dying* to find out whether Old Whatsisface is doing something furtive every third



You should reach out to help others.



Thursday evening in the month.

One of the main arrows fired at Freemasonry appears to be that those 'in' it will do unfair favours to others who are also 'in' it, and that anyone 'out' of it will be left to rot. What a load of rubbish!

Of course people who share a common interest are going to listen sympathetically to another with similar beliefs, but that could be said of anything from fish breeders to taxidermists . . . or Naturists for that matter.

I certainly don't go up to every new acquaintance, nudge them in the ribs and ask

In with the In Crowd

Pam Rollison says we should stop being furtive and start being friendly.

them if they take their clothes off — for one thing my budget wouldn't withstand all the steaks I would need for the black eyes. Having said that, if I have a problem, from a car

that won't start to a loo that won't flush, I would first ring around my Naturist circle of friends to see if anyone could help — knowing that if they require some advice about a

building, or a dog looked after, or a meal cooked for them, my husband and I would be the first to offer.

It is Human Nature to help those who are known to be 'on



the same wavelength' as oneself, and has ever been thus.

That does not mean that a naturist would not help a non-naturist. Indeed, exactly *because* of the discretion practiced by many people with so-called 'minority' interests or beliefs, that 'textile' who next asks for your help may be another naturist who has

taken care not to mention the fact to you, because they in turn are being discreet.

I recently chatted to a new member of the sun club to which I belong.

Idly flicking through an album of photos taken at various social functions held at the club his jaw dropped as his finger stabbed at the smiling snap of a long-term



member. 'I don't believe it! I work on the same team in my company as that chap — I've known him well for nearly twenty years!' As a result, our new member from then on had an even closer work colleague, who then became a personal friend, together with their respective families.

As with Freemasons, most naturists will not necessarily

advertise the fact. Not from any sense of shame, because naturism, properly practiced, is a genuine and respectable way of life. But discretion can often be the better part of valour. In other words, you really just can't win. If you tell people who or what you are, the reaction usually is either: 'Cor! Really? Tell me, what do you *do*? — followed by



nauseating nudges and winks; or a snooty: 'Oh really? Hmmm. I've heard about people like you. Can't understand why you can't behave like *ordinary* human beings and just play squash or something, like I do! But if you say nothing, and they happen to discover where you go on the third Thursday in each month, or on every sunny weekend, the immediate judgement upon you is that you must be ashamed of what you do, or else you would have said something openly about it long before now.

Thank goodness there are a few open-minded people who still manage to exist in our blinkered world — those who do not 'belong' to anything 'different', but are perfectly happy to live and let live.

Like Margaret. Margaret is nearer eighty than seventy, a widow of many years. Talking to her recently, trying to think of chatty things to say to an elderly but mentally sprightly old lady, I let slip that I had recently had some articles published. Immediately I



It's a rocky road . . .



But we'll make it if we work together.

thought: 'Oops! Big mouth!'

Naturally she asked which magazine, so that she could buy a copy! Now in a shit-or-bust situation, I briefly explained that my husband and I had been practicing naturists for some years, and that naturism had been the subject of the articles.

'Oh that's nice dear' said Margaret, smiling calmly. 'I had a naturist cousin once; much nicer than any of my other relatives!' — then adding: 'I suppose you are now going to tell me that this magazine is on the top shelf at the paper shop! Never mind; I'll just have to ask the assistant to reach one for me'. No questions, no condemnation — just 'live and let live'.

But for those who still firmly strap their blinkers in place each morning before they open their eyes, I have news for you. Not only may there be Freemasons in your local council, there will almost certainly be a naturist or two as well . . . and horror of horrors — one of the naturists may also be a Freemason.

DISCOVER A NEW AND VERY SPECIAL WORLD OF PLEASURE

THE JOURNAL OF

erotica

Enjoy the very best erotic stories and photographs, beautifully created and stylishly presented. No advertising – just wonderful delights from beginning to end.

Each quarterly 128-page large-format colour volume is superbly printed and bound in gold-embossed covers. A true pleasure for you to enjoy again and again.

Savour this refreshingly new and intimate experience with our special introductory offers. I promise you'll be delighted.

Please write to me:

To: Julia Thompson, Editor
THE JOURNAL OF EROTICA
Midsummer Books Ltd
FREEPOST
PO Box 2822
London W6 0BR

☐ Please send me without obligation a sample issue for the special price of **£9.50** (normal price £12.50). [Overseas customers: £11.50.]

OR SAVE **£10**

☐ Please enrol me as a Founding Subscriber for 4 volumes at the special reduced price of **£39.50** (normal price £50). [Overseas customers: £49.50.]

Name _____

Address _____

Postcode _____

☐ Please charge my credit card ☐ Access ☐ Visa ☐ Diners Club ☐ Amex

Number

Expiry Date _____ Signature _____

☐ I enclose a cheque for the above amount

You may return any volume within 14 days for full refund, and you may cancel your subscription at any time with full refund for unmailed copies. This offer is valid until 30.6.93

Your name and order will, of course, be handled in the strictest confidence

1007D

**ORDER HOTLINE 081-740 9554
SAVE £10 WITH THIS
SPECIAL
OFFER**



Costa Natura

**THE NATURIST PARADISE IN
SOUTHERN SPAIN**

OPEN ALL YEAR ROUND.

BEST CLIMATE IN EUROPE

- ★ Ideal for Summer and Winter Holidays.
- ★ Solar-heated Swimming Pool.
- ★ Colourful Gardens.
- ★ Sunbathing Lawns.
- ★ Jacuzzi – Yoga.
- ★ Superb Self-catering Apartments.
- ★ Restaurant and Supermarket.
- ★ Naturist Beach.
- ★ Sea and Mountain views.
- ★ Golf and Tennis close by.

Enjoy EUROPE'S No. 1 NATURIST RESORT.

Discover COSTA NATURA

Write or phone:

Costa Natura (Reservations)

Carretera de Cadiz, Km 151.

Estepona 29680.

Malaga Spain.

Phone from U.K.

010.34.52.80.1500.



OPEN 7 DAYS A WEEK — ALL YEAR ROUND

SILVERLEIGH

HEALTH CENTRE

for

NATURISTS

LONDON ROAD (A.20)

WEST KINGSDOWN, KENT

(Nr. BRANDS HATCH)

RING 0474 853438 for full info

INDOOR

Swimming Pool

Spas, Jacuzzi & Hydro

Steam/Sauna

Sunbeds/Trampoline

Massage/Aromatherapy

Snacks/Meals always available

OUTDOOR

Gardens/Sunbathing/Table Tennis

MEMBERS & VISITORS WELCOME

WEEKDAYS 12 noon to 10 p.m. (Fridays Close 11 p.m.) — SAT/SUN 2 p.m. to 10 p.m.

ALL SESSIONS — MIXED SEX

**(NO SINGLES FRIDAY EVENING & STRICTLY
LIMITED NUMBERS SAT/SUN)**



STAY AT SILVERLEIGH

PER NIGHT FROM £12.50 each

or



WEEKEND PACKAGE

£59.00 per couple

includes, use all facilities

(incl. sunbed and 2 meals a day)

DOUBLE BED, COLOUR TV

OPTIONAL ENSUITE

BATHROOM

RING: 0474 853438

to book accommodation



EASY ACCESS FOR LONDON, SURREY, ESSEX & KENT

**From Junction 3 on M25, take A20, in few minutes enter West Kingsdown
(we are 50 yards on left past 'Texaco' Garage)**

Why do
some people
believe that
agony is the
way to
ecstasy?

PAIN AND PLEASURE

AS I know from my experience as an amateur light-heavyweight, when boxing you hardly notice the pain of a punch on the nose. You merely grit your teeth, and try even harder to land one yourself.

Out of the ring the punch would have creased you.

But the excitement of the fight changes your normal responses: adrenalin pumps through your body, and sensations of pain are modified, even deadened completely. Many men have fought on with a broken nose or fractured jaw, which hasn't hurt until hours afterwards.

Something similar happens during the intense excitement of sexual activity: we get so worked up that we can bear levels of stimulation we couldn't tolerate at other times . . . tickles, pinches, bites, slaps, rough handling. And, as long as they're not too extreme, such feelings are transformed into pleasure.

Mind you, there comes a moment during the most exhilarating sexual rough-house, with both of you breathless, helpless with love and laughter, when one too many pinch or bite becomes too much altogether. Beware the last slap that turns a turn-on into a total turn-off.

So we have to distinguish between the sexual play that works up to ecstatic pleasure, and the sort of pain that is really punishment.

There was once a strong tradition of 'slap and tickle' in this country, rough and tumble sexuality: the give and take of a few smacks on the bottom, as though people were 'paying the price' for being so 'naughty' as to be having it off at all.

And there are still some who have been made so ashamed of



their innocent sexuality that they need to be punished in 'payment' to 'cleanse' their guilt before they can even get excited enough to start intercourse. Which is a miserable idea, and those suffering from it deserve all the sympathetic help we can give them.

One suggestion being that they could use their neurosis as a therapeutic fantasy . . . play their way into happiness.

Because what's wrong with a man pretending to wrestle a 'struggling' woman into 'submission' before she'll

'consent' to intercourse? So long as she freely agrees that's the game they're playing. Then, second time around, she can pretend to 'punish' him for it as part of the fun of working him up again.

TRUE, these days most such larks are viewed with grave concern, and the words 'sadism' and 'masochism' are brandished like branding-irons. All those grisly overtones of vicious cruelty and unhealthy submissiveness, prison guards and grovelling victims.

Yet the pornographic books and magazines specialising in flagellation are best-sellers. The market depends on demand, and the demand is obviously for all manner of sado-masochism.

However, in my opinion, there's more fantasy here than fact.

EVEN a superficial reading of the magazines, especially the alleged 'letters from readers', will convince you: dream-like settings, incredibly sexy women, floggings beyond mere human flesh to endure without permanent crippling.

Yes, it's sensible to take with a grain of salt most of the stories people tell you about their sexual exploits . . . but when it comes to the world of whips and dominant women in black leather you'll need several large packets!

Those highly coloured yarns about fully-equipped torture-chambers in the basements of semi-detacheds, collections of gloatingly described 'punishment straps' or 'springy Malacca canes with curly handles', and 'bared bottoms quivering' under the 'exquisite administrations' of a 'merciless Slave Mistress' . . . all reveal tell-tale signs of fantasy.

As a journalist I several times tried to check the names and addresses of men and women who had written such letters, and discovered they were as fictitious as the contents.

The magazines have now retreated to initials and vague areas: 'CL of Sussex' . . . or that classic, 'Name and address withheld by request'.

I'm not claiming that none of it happens.

After all, there are real enough torture-chambers run by prostitutes in Central London, as described in notorious court cases and



A chance to see and be seen — without getting physical.

reported in the tabloids.

One specialist, Lindi St Claire, named in the tabloids, actually pays income tax on her considerable earnings. 'Some people find pleasure in pain,' she says . . . and she should know.

But I very much doubt that there are many domestic amateurs out in the suburbs — except in the feverish minds of some obviously frustrated men. Fantasy replaces reality.

Yet the widespread existence of such a fantasy is in itself significant: even if the stories aren't true, there are at least a lot of people who'd like them to be. And if true they describe facts which need to be taken into our understanding of each other as vulnerable human beings.

MANY people find both the need and the fantasy mysterious, even perverse — but the truth is that there are undoubtedly many men (and perhaps some women) who have been so conditioned by their childhood that they can only enjoy their sexuality after being beaten.

Freud claimed that this desire to be beaten is 'never that far removed from the sexual lives

of ordinary people', since 'normal sexuality contains elements of either aggressiveness or passivity'.

However, he also pointed out that if 'sexual fulfilment is always conditional upon sado-masochism' then there is an 'element of compulsion that makes it unhealthy'.

As a sex game it's occasional fun: if you can't get off without it, you're in trouble.

Variety is essential to life. You may like fish and chips, but not for every meal, week in, week out. So with our sexuality: use it, or lose it . . . make it

new, or it grows stale on you.

And sharing a fantasy is one of the most popular sex games, a sure way to restore and maintain interest when straight-up-and-down-in-and-out loses that first fine careless rapture. That is, enjoying your sexuality in the context of an entirely imaginary situation in which both lovers act a part — sometimes even dressing up or using 'props' as if on stage.

For example, many men relish their woman in the full gear of a French tart: wicked high-heels, black suspender-belt,

"She's still your Mary or Jane, but for the next hour or two Marie-Claire is going to give you the treatment"

lacy briefs and garters.

Yes, she's still your Mary or Jane, but for the next hour or two Marie-Claire is going to give you the treatment . . . and what on earth is she proposing to do with that banana?

SUCH games serve the extremely useful purpose of releasing your imagination.

As Bill or Fred you might never dare to suggest that you'd like to have it off on the table in the kitchen: as the Lecherous Milkman Seducing the Willing Little Housewife, all coy in her nightie, the kitchen table is obviously the best place for a quickie.

So learn how to play, and improve not only the quality of your sexual life but everything else about life as well. Even the cupboard under the stairs will

suddenly be of breathless interest.

We all have an inner life of daydreams in which we are our own Hero or Heroine, Prince Charming or Clint Eastwood, Snow White or Madonna — a Fairy Tale fantasy . . . more or less sexual. Which doesn't make us perverts. We vary widely in all sorts of ways: size, shape, colour, behaviour . . . and anything any two of us freely consent to do together is permitted once we start giving ourselves our own sexual permissions.

Don't listen to instant moralists pontificating about 'perversions' or 'deviations' or 'abnormalities', as their limitations are their own problem.

One person's 'perversion' is another's pleasure. What's

by
George Target

wrong with a toe job? Or having it off under the bed?

Just don't let any game develop into a 'must', so essential that you can't enjoy your sexuality without it. That's where games end, and obsession starts.

BUT if you've been conditioned by the punishments of your childhood, the best practical course is to accept the fact, and do your utmost to enjoy yourself.

If, for whatever daft reason, I can only get an erection after drinking tea, I'll make sure to use the brand I fancy: that way I'll enjoy the cuppa and the erection, two pleasures for the price of one.

It's all a highly personal matter, but some (perhaps even many) people are sexually excited by either the actuality or fantasy of being spanked or caned. Easy enough to understand, because any stimulation of the buttocks (caressing, fondling, squeezing, pinching, slapping) causes or increases sexual excitement.

The whole perineal region from the top of the cleft between the buttocks to the scrotum (especially the anal area) is rich with nerves, and so it is erotically sensitive, a prime erogenous zone and source of pleasure.

Stimulate one part, and you stimulate them all.

For instance, when a man ejaculates, the muscles around his anus will contract in rhythmic sympathy with the pumping . . . while deliberate contractions of his anus will cause his penis to respond with the first hankerings of an erection.

Which means that the instinctive flinchings which occur when the buttocks are beaten have a similar effect on the genitals.

So if children are caned, especially during adolescence when the genitals are growing into sensitive awareness, then an association is formed between pain and genital excitement.

There are many clinical cases of men who were caned as boys, who now can't get or maintain an erection without being caned by a woman willing to perform the ritual — sometimes a wife or lover, more often a specialist prostitute. What a heritage from the so-called 'Good Old Days'!

Such vicious cruelty to children is now much less

tolerated, but there are still many people who have been beaten by their parents or ignorant teachers. And caning arouses conflicting emotions: terror, shame, humiliation, vulnerability, fear of the pain . . . mingled with strange sensations of excitement, glowing warmth . . . even

through the air, or being given a few symbolic 'strokes' . . . whereas others actually enjoy the sort of severe 'treatment' which leaves weals that last for days.

Usually the idea is exciting in fantasy, but decidedly unpleasant in painful fact — because your lover has to be



pleasure. Many boys have erections while being caned — and, if it goes on for long enough, some of them ejaculate.

So it's easy to see how similar caning in adult life can have the same results: erection and ejaculation — especially if there's a ritual performance with the 'strokes' timed to coincide with the spasms of the buttocks and anus.

('Strokes' is a code-word, as 'lash' sounds too much like the real thing for the necessary psychological comfort. Too real, and there's more pain than pleasure.)

PLAY-ACTING the associated fantasy is essential, and both lovers must derive strong erotic sensations from the performance.

Some men can get off by reading or talking about it, or merely looking at or handling a cane, having their lover swish it

enough of an actress to make it real, and sufficiently skilled to keep within the limits necessary for the pain to become transformed into sexual pleasure.

'Too hard, too soon', said one of the men who have explained much of it to me, 'and the pleasure flies out of the window. She's got to warm you up slowly with whatever she's using, give you a bit of a soothing rub with her hands every so often, then the tingling effect and progressive numbing enables you to bear it a lot harder.'

She must also be careful.

'It's got to be laid on in the right place,' he said. 'Too high where the flesh is thinner, and it may be too severe. Too low down, and she may catch your upper thighs. Very nasty.'

Again: 'Don't clench your bottom,' he said. 'There's more to be had from being relaxed and trusting. Keep your bum tensed, and you'll pay for it!'

But the ritual is usually the important part of sexual caning. Yes, you may need the stimulation of genuine pain — but it's the re-living of the original experiences (or their fictional equivalent) which works the oracle. The waiting, the removal of clothing, the posture to be adopted, the sort of cane to be used, the number of 'strokes', how hard, and so on.

'Quite a lot of the charge,' said another man, 'comes from being made to wait. What with thinking about what's going to happen it's sort of happening already before it starts.'

And another 'expert' has written about the 'most intense build-up of erotic excitement before the administration of the corrective instrument', but then admitted that the 'chastisement itself is never as pleasurable as either the anticipation or the relief experienced afterwards'.

IF the idea attracts you, it's worth a try. It either works, and drives you wild — or it's a total turn-off. Any doubts, then don't . . . have a go at Sexual Yoga instead.

(Incidentally, I have nothing to say about women being beaten by men. I've no idea how many would consent, anyway, though I very much doubt you'd be knocked down in the rush. This is mainly for men.)

If your lover is unhappy about the very idea, then you'll have to settle for as much of your fantasy as she'll play along with. Even this can be a release from tension, and she may actually enter into the game with enthusiasm when she sees what it does for you . . . and her, eventually.

Yet lovers are lovers, and most are usually prepared to play new sexual games if sufficiently persuaded.

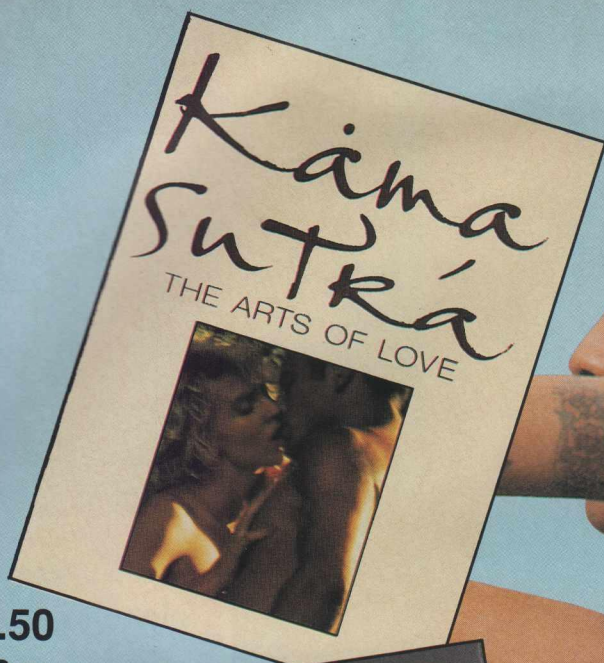
The simplest way is to ask directly after explaining what it's all about and how much it means to you.

After all, you've already been as physically close as two human beings can be. She'll probably agree when she understands, and you may be surprised at her willingness.

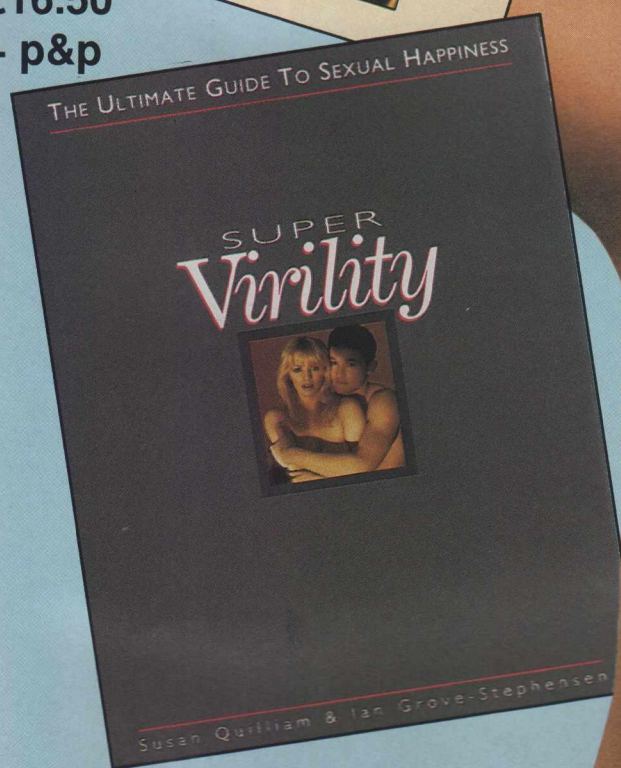
In fact, many men, once having summoned up the courage to ask, have been astonished.

'There was a gleam in her eye when she stretched me over her lap,' said one husband, 'and she almost made me wish I hadn't asked.'

turn to page 46



£16.50
+ p&p



£12.99 + p&p

Want to experiment and just don't know how? Supervirility and the Kama Sutra will show you. The former with a practical pictorial approach the latter with instructions couched in old Eastern mysticism.

Pleasure, excitement and full instructions on how to get the most from your sex life. Two books one aim. Indulge and enjoy...

TATTOOED WOMEN £12.99 +p&p

Ritual power, beauty or grotesquerie. Tattooed Women entails all of this. Nothing is left out, from ancient totems and primitive tribal designs to real live fashion statements of today. Why not indulge some of those fantasies and really treat yourself. Tattooed Women, back in print and available through H&E Marketing!

ORDER FORM ON PAGE 46

FROM RUSSIA WITHOUT CLOTHES

Some people feel that photography has no place in naturism. But, as **Robbert Broekstra** explains, it can be a wonderful way of crossing international boundaries and bringing people together — as well as being great fun.

THE 'Friends of Nature' recently found a new recruit in the shape of Elena.

Originally from Russia, Elena is currently studying near Utrecht, and is staying in Holland for around five months.

Elena joined the swim and sports group after seeing an advert in the newspaper, and has since become a very enthusiastic member.

She writes to her friends and family in Moscow to tell them about the latest event, whether it is nude bowling, discos, parties, gymnastics or aquarobics.

Nude photography is still quite a taboo activity — even in Holland — and naturists come from across the country

to take part in our photoclub events. Elena was happy to join in with our latest photo session, and we discovered what a natural model she is.

The other models and friends who were present at the studio enjoyed her company and her lively personality.

Peter and Claire own the studio, which is near Rotterdam, and once a year they arrange for us to use their facilities free of charge.

They are also naturists, so everyone present is nude, and the atmosphere is warm and friendly.

There is a chance that Elena may stay in Holland a little longer. We hope she does, so that she can take part in more events with us.



"Nude photography is taboo — even here in Holland"



"We're
all nude,
and the
atmosphere
is
great"



ORAL SEX

WHEN oral sex appeared in a list of suggested subjects I might like to write about I thought Yippee! My two favourite subjects are sex and improving the lot of women (not quite the same as feminism).

And if the subject of sex were to be sub-divided then top of the pops with me would be oral sex. The soixante-neuf (or 69) position. For me all credit cards, raffle tickets, etc., must incorporate this number. I have even been known to choose a car number plate simply because it includes 69.

I admit it — Vanessa adores oral sex. In fact I could almost do without penetrative sex if I could always have oral sex. There is no real substitute for a penis in a vagina — how could there be when one was created to provide a home for the other?

Provide me with a man who knows how to stimulate me



Vanessa gets down to basics

properly and there's just got to be one glorious orgasm. Or even two or three if our appetites match.

There was a joke around years ago to do with avoiding pregnancy by only having oral sex. The word 'oral' being spelt 'aural' it had something to do with putting a penis in one's ear.

I never was good at jokes, but suspect that most people did not realise the pleasure to be found by trying different ways of enjoying sex. There is nothing new under the sun there have always been aficionados of sex who kissed their lover's

body all over, including the clitoris.

MOST women of the night (to use an appropriate old time phrase) have always been aware of the pleasure to be had by taking a penis in their mouth.

'Nice' people used not to talk about oral sex. My father always used to wait until my mother had gone upstairs to bed for at least five minutes before he joined her — time for her to get undressed and snuggle down under the bedclothes wearing a nice decent matronly nightie.

My cousin told me recently that his mother grumbled vehemently when his daughter used the word 'pregnant' in their mixed company!

I'm sure there are many people around today who still make love with the light out, who are too embarrassed to really explore their partner's body, and who would find it impossible to talk in an open way about anything to do with sex.

We are still suffering from the over zealous prudishness of generations of religious people to whom all sex was a lustful sin

of the flesh unless it was for the strict purpose of bringing forth a new generation. And for that a straight in and out job was all that was required — it was not necessary to enjoy it.

The film 'Shirley Valentine' was regarded as a nice ordinary film, but it really broke new ground when the word 'clitoris' was mentioned so often that no-one could ignore it. The clitoris is the most pleasure-giving part of a woman's sexual anatomy, and it should be given the prominence it deserves.

In the female the clitoris is the undeveloped organ which in

STUDIO K

£16.50 — you can spend all day in the company of other naturists, use of our sauna, solarium at your own free will — also included is a full body massage.
 RUVA — fast tanning sunbed, for that all the year around safe tan. Sunbed courses available.

OPENING TIMES:

Between 10 a.m. - 7 p.m. Monday to Friday
 10 a.m. - 5 p.m. Saturday
 Closed Sunday

All are welcome at Studio K Singles or Couples in a friendly uninhibited environment.

0933 - 315798

126A High Street, Rushden, Northants.

Sauna — Sunbed — Massage — Relaxation Lounge

a male grows into the penis. Put in that way it is easy to understand how kissing, licking and sucking a woman's clit gives the same pleasure to her as a man gets when his penis is kissed, licked and sucked. And just as this pleasure to a man's penis results in the man reaching the point where he has to ejaculate and release his liquid, when this activity is applied to a woman it results in releasing the love juices to lubricate her vagina ready for penetration.

THIS may sound elementary, but please remember that you are not necessarily going to bring your lady to that point where she is desperate for your penis.

If you think that all you have to do is concentrate on the tunnel of love entrance and ignore the pert little look-out post just in front! Try concentrating on the look-out post instead and you will find that her body is soon screaming out for you.

Of course, this can all be done with your hands. But men are not naturally gentle and it is all too easy to make a woman's clitoris sore if you are fingering it constantly. If you are not ready to try with your mouth, then start by letting your fingers explore around it and only occasionally fingering the top.

Please try your mouth. Your mouth is meant to taste and explore your lover's body. A French kiss, with the tongue deep in your partner's mouth, is only an imitation of kissing her labia with your tongue exploring the entire area. Do give it a whirl.

If you find it difficult to talk about it, then don't — just do

it. You can start by kissing and sucking her nipples, and when her body shows you she is enjoying herself then kiss and lick your way down over her belly to her pussy.

Take it slowly — kiss and lick your way around the whole area and once you sense she is relaxed and happy zoom in on her clit. Try using your tongue on it the way you wish she would use hers on your penis. Give her such a great time and make her feel so loving towards you that she wants to give you the same pleasure.

The sucking instinct is in all grown-ups; and once she has made the breakthrough and has taken your poker into her mouth and sucked and kissed it she will want to do it again and again. A live wriggling penis has to be better than a banana and look at the way women can eat bananas.

BUT — and this could be what success or failure depends upon — it is absolutely essential that your willie and anal area (and of course this applies to the ladies as well) should be scrupulously clean. If you have a bidet in your bathroom, use it.

Alternatively fill your washbasin up to a height where you can sit your rear end in it and clean yourself properly — and use the soap. When you are totally clean then you are ready for the off! And long may you both enjoy it.

* * *

Readers are welcome to correspond with Vanessa. Write, enclosing an s.a.e. if a reply is requested, to Vanessa Goodman, H&E, 28 Charles Square, Pitfield Street, London N1 6HT.

Find Out More Pick up the Phone



- 0891 112530** **Sex and the Naturist** Phone this number for more information
- 0891 112531** **Nudist centres** and beaches in Britain Info Line.
- 0891 112532** **Nudist centres** and beaches in Europe.
- 0891 112533** **Videos** — the newest on what we have, *plus credit card hot-line!*
- 0891 112534** **Your very first time**— tips and facts for first time naturists
- 0891 112535** **Introducing Marianne** —there for you and all your problems.
- 0891 112536** **Introducing Vanessa** — your favourite naturist.
- 0891 112537** **We Want Your Body Shape** up with your All Nude Work-Out Team.
- 0891 112538** **Shooting the Nude in the Nude** Tips and advice from top naturist photographers by Alison Brown.
- 0891 112539** **Staying Young** Information on Staying Young the H&E way
- 0891 112523** **Meeting Place Info Line**

Your H&E Phone numbers

(all numbers charged at 36p/min off peak and 48p/min at all other times)

See page 20 for the Meeting Place

ACCOMMODATION

Naturist B&B. Lincolnshire coast. Free beach 1½ miles. Amenities 5 minutes walk. Log fire in winter. All welcome. 0507 477842. (94-12)

North Wales Coast. Licensed small hotel. Naturist B&B. Massage available. Further details SAE: P.O. Box 946, Colwyn Bay LL29 8TO. (94-10)

Bed and Breakfast in naturist couples home. Sauna and massage available. Couples only. Near M2 and M20. For details phone Allison or Roger at Maidstone 0622 755174. (94-7)

Tiny Cottage. Somerset. Adventurous couples stay with us. B&B, dinner, wine, etc. No callers or singles. JK, 57 High Street, Wellington TA21 8QY. (94-10)

B&B, North-West. Day/evening breaks; owner professional masseur; full service massage; speciality aromatherapy, aromatic bathing, naturist, etc. Confidential, discreet service. 051-652-5948. (c)

W. Wales, Pembrokeshire. B&B in Country House set in 4 acres of grounds, overlooking the sea. Repts., singles, couples welcome. Sauna, Jacuzzi, Sunbed. Naturist environment. Tel. 03486 223. (94-11)

ADVICE CENTRE

Advice Centre. Help with Sexual, Emotional and Relationship Problems. Questions answered by Experienced Counsellors. Confidential Service. Same-day reply. Detailed written personal advice £4.95. P.O. Box 135, Camberley, Surrey GU15 2TN. (94-7)

ALGARVE

Naturist couple in forties welcome other non-smoking couples. Secluded sunbathing good food. Bordering nature reserve, super walking. Details telephone 010-351-89703914 (94-11)

BODY BEAUTIFUL

LADIES — PAMPER YOUR BODY

Help nature with any or all of the following:-

Deep Vibratory cellulite treatments for general toning

Aromatherapy and deep relaxation and soft tissue massage for general well-being and stress related conditions.

Home daytime visits, London and Home Counties

Phone anytime
0831 211145 — Roger
(24hr answer machine - prompt replies)

Other treatments on request (94-11)

BODY BEAUTY

Unwanted hair removal. Body cells V.I.P. vibration combat skin cellulite for ladies. Tall male thirties (heterosexual), photographer and masseur for females, couples, no males. Genuine calls. Disabled welcome. Michael 0850 757123 visiting Midlands. (94-7)

FRIENDSHIP

Broadminded couple (30s) seek similar couple for friendship and holiday exchange. Photo ensures reply. Boxholder, PO Box 5489, Nicosia, Cyprus. (94-12)

Entertaining young man with detached house (countryside, North Wales), offers wonderful weekends/holiday to family. Write to Box No. 3814. (94-12)

TSC puts you in touch with other smooth naturists, contact other depilated couples and singles worldwide, send (A5) SAE to Box 1409 Worthing, West Sussex BN14 8PH. (94-12)

Fit and active looking guy 38, naturist, seeks naturist lady to share enjoyment sports and social events. Contact 0831 589293 Dave. (94-11)

The Network. World's largest friendship organisation. 1600 members in 34 countries. For information send £1 to: Network Int., — Box No. 3582. (c)

South West England or anywhere in Britain or the World!!! Guy in 40's seeks friendship with other slim guys age 21-40. So let's get together and make life more enjoyable! Please send photo. Write — Box No. 3620. (94-10)

International Newsletter plus worldwide correspondence list, free listing. Also naturist photos, posters and videos. For more information write to I.N.I.C.P.O., Box 2082, 2800 Be Gouda, Holland. (94-7)

Canada, Toronto, male nudist, 37, personable, moral, appealing physique, would like to meet other men for friendship, in the vicinity, for social nudism. Age, weight, unimportant. 1576 Queen St. West, BOX 335 Toronto, Ontario, M86 1A6. (94-7)

Attractive, slim guy, married, young looking 40's, seeks similar guy 23-39 living Southern England, or travelling rep., discretion assured, photo appreciated, naturism and friendship. A.L.A. — Box No. 3606. (94-12)

Male Nude Swimming 18+ (London). Group also arranges nude socials which include photography, massage and body painting. Send age, photo, interests and SAE. — Box No. 3612. (12x12)

Make friends with others interested in vegetarianism, alternative therapies, New Age, green issues, naturism and stress-free living. Stamp please: Natural Friends (HE), 15 Benyon Gardens, Culford, Suffolk IP28 6EA. 0284 728315. (4x12)

Seeking naturists, communes, couples, companions of similar mind? Penfriends in all areas and throughout USA/worldwide. Stamp please. Baraka H, The Golden Wheel, Liverpool L15 3HT. (12x12)

FOR SALE

Free Mini Thong with our Sexy Men's Underwear Catalogue packed with young models posing in Exotic Thongs, G-Strings and Continental Mini Swimwear. Send £4 (refundable) to GLIMPSE (M), 15 Obelisk Road, Finedon, Northants NN9 5DW. (c)

Guide to 40 Free British Beaches — access, description, water quality. £3.50 to I.T.I., 4 Barnfield Avenue, Shirley, Croydon CR0 8SE. (94-10)

Hand Crocheted Thongs male/female £8.00, Bikinis £20.00, brief swimsuit £30. White/cream. Mrs. Wills, Bridge Farm, Leigh, Sherborne, Dorset. (c)

HOLIDAYS

NAKED IN WINTER!

Fuerteventura — the natural choice for a winter tan.

Fabulous naturist beaches and lovely accommodation at prices you'll like.

Brochure from **Sunseeker Holidays.** 0403 891495 (anytime).

Sunseekers,
Dept. H. FREEPOST (RCC 2232),
Horsham, West Sussex RH13 6ZA (95-2)

NAKED IN NAXOS
as well as Crete, Mykonos, Naxos, Paros, Fuerteventura and La Jenny (France)

For super holidays at affordable prices phone for our brochure today on
0403 891495 (anytime)
or write to:
Sunseekers

Dept. H. FREEPOST (RCC 2232)
Horsham, West Sussex RH13 6ZA (94-10)

DREAM

Dream of sailing with friends on a sun-drenched azure sea. Learn and master sailing, navigation and boat handling, or just lay back — the choice is yours. Inclusive, select holiday based on Gibraltar.

Write for a brochure from:
Dream Holidays
P.O. Box 264, Weybridge,
Surrey KT13 0YN (95/2 N/C)

Spanish Photographic and other naturist holidays. Come to the experts. Ideal singles, couples and families alike. Hillbrow Holidays 0225 777606. (94-7)

H & E CLASSIFIED

Costa Natura Winter Sunshine Special Offer only 2000 pesetas (£11) p.p.d. ½ board November early December, late January, February, March. Limited availability book now. Details and reservations from Costa Natura, Estepona 29680, Malaga, Spain. Tel: 010 34 52 80 1500 English spoken. (94-11)

Majorcan Country Cottage and two studios 20 min Palma and beach, self catering sleeps 2-8, pool, bar, gardens. Resident English naturist owners from £110.00 — 0553 675093. (94-10)

Fuerteventura/Lanzarote. Deserted golden beaches, year-round sunshine, clear turquoise ocean. Naturist-friendly villa, apartment or studio — the choice is yours. Tel: 0275 332987. (95-1)

Cap d'Agde. Superior Penthouse apartment with huge sun terrace and private pool. Overlooking harbour. Sleeps 2-6, fully fitted out to English standards. Phone 0323 641369. (94-4x6)

POOLSIDE FARMHOUSES AND COTTAGES

in Dordogne, S.W. France
A fine selection with
private pools in secluded
grounds.

Tel: 0703 894098
(94-4x3)

Ibiza. Self-catering apartments exclusive naturist paradise, swimming pool, bar. Seclusion. All welcome. Open all year. £15 pppd. Phone 010-3471-331157. (12x12)

Lanzarote. 3x2+3 bed detached villas available for holiday lets with private sunbathing balconies. Quiet position with sea views. Reasonable prices. Telephone: Jean or Alan on 01034 28520864 or ask for Dawn on 0765 690090. (c)

MASSAGE

SOUTH EAST KENT

Massage
(Qualified Masseuse)
Sauna/Steam Room/Sunbed
Power Treadmill
B&B Available
Genuine Callers Only
0233 740245 (94-11)

Bodybuilder/Masseur gives naturist massage to relieve stiff muscles for gents, ladies and couples. Body shaving, shower massage and personalised training given in home gym. Phone James 0836 356145 near Junction 10 & 11 on M25. (94-12)

Attractive, vivacious and extrovert young lady offers body-toning and massage. Large country house in Hampshire (near Junction 10 M27) with over an acre of very private gardens, to relax and enjoy yourself with complete freedom. I am a dancer and have been published internationally as a model. Photographers and video enthusiasts welcome either as singles, couples or small groups. Please call Suzanne 0329 826177. (94-12)

Sensations offer high class Aromatherapy/Swedish/Japanese Shiatsu massage for naturists. Qualified therapists. Relaxing surroundings, sauna/lounge. Telephone Northampton 0604 404461. (94-12)

Bracknell, Berks. 31 male offers sports & muscle relaxing massage for singles and couples. B&B also available in naturist house. 0344 305442. (94-12)

Visiting service for ladies, couples, gentlemen. Qualified male masseur offers full body massage. South London, Surrey, Sussex, phone Mobile 0850 401384. (94-12)

West London. Tall, professional qualified masseur 37, offers discreet naturist massage to gentlemen and couples. Convenient for Motorway networks. Contact 0895 230934. (94-12)

Bedford: Relaxing unhurried massage for men and women by qualified male masseur (38). Couples welcome. Discreet and private. Appointment only from 6.30 p.m. daily. Jacques (0234) 325951. (94-12)

Ashford, Kent. Slim, naturist, masseuse offers refreshing body massage in lovely, discreet country house and gardens. Appointments. Please phone 0860 258344. (94-11)

Guildford, masseur I.T.E.C. qualified offers full naturist body massage to ladies, gentlemen, couples in private clinic or local home visits. Phone Christopher 0483 211050. (94-11)

Qualified masseur offers visiting massage to ladies and couples. 081 852 0033. (94-11)

Genuine professional massage by mature qualified man, SE London. Visits arranged central/south London, Croydon, North Kent. Edwin 081-670-1590. (94-12)

South Wales, good looking friendly masseur 26 offers satisfying massage to men and couples, discrete pleasant surroundings in the heart of Cardiff or visits. Call Richard 0831-624870. (94-10)

Full Sensual Massage by young professional Italian masseur situated in Central London, body shaving also available. Marco 071-379-1838. (94-7)

South East Kent. Aromatic/therapeutic naturist massage by fully qualified masseuse. Phone 0233 740245 evenings. Straight professional massage. B&B available. (94-8)

QC STUDIOS

Treat yourself to a relaxing massage, luxury jacuzzi, sauna, steam/shower all included.
Male and female qualified staff.

Couples welcome.

Open 7 days a week
10 a.m. - 10 p.m.

Tel: Appointment
Wisbech 0945 474993
Ely. 0353 624911.

(94-10)

Relexology and Massage for naturists by naturist in the comfort of your own home. Phone Stephen 081-664-6788. (94-10)

Bristol/Bath/South West. Naturist male masseur offers full body massage for ladies or gentlemen. Discretion assured. Telephone: 0454 318818. (94-12)

Kent, Ashford. Nature lovers! Massage in discreet 18th century country house and gardens by ex-model (chestnut hair, green eyes). Please phone 0860 258344. (94-7)

Visiting male masseur offers naturist massage for ladies and gentlemen young and old alike in the comfort of your own home. London area. For appointments ring 081-769 9019. (94-7)

Visiting service Herts/Beds/North London. Qualified mature masseur offers relaxing full body massage therapy for stress/tension; also sports injury treatments. Tel: 0763 853894 and leave details for prompt return call/appointment. (94-7)

Relax in Comfort at Northampton's New Premier Massage Centre

ST. JAMES HEALTH SPA

We have a fully Naturist Area.

Sauna, manicure, facial and solarium if required.

Enjoy a naturist massage by male or female qualified staff.

Couples welcome.

Please ring (0604) 585452

Open:
Mon-Fri 10 a.m. - 9 p.m.
Sat 10 a.m. - 6 p.m.

(94-3)

ADVERTISEMENTS

Professional masseuse, I.P.T.I., M.I.F.A. qualified. Cheshire. 0625 511551. (95-1)
Aromatherapy Massage Joyce Frearson, S.P.Dip.A., M.I.S.P.A., I.T.E.C. West Yorkshire 0274 876621. (94-10)

Central London. Professional masseur, forties, swimmers build, naturist, offers considerate sensuous massage to men noon-late. Student concessions. Johnny 071-388 2090. (94-10)

North Wales. Female qualified therapist. Professional techniques. Aromatherapy for stress related conditions. Genuine enquiries only. C.C.B.N. Member. 0745 560208. (c)

London-based male masseur offers naturist massage and body shaving service for men. Nick 071-289-0094 (24hrs) (9)

Gabriella's Health Studio. Sauna, massage, in Coventry, same day appointments. For details, Telephone (0203) 594601. (6)

Scotland. Relaxation, Tension, Stress Injuries. Qualified naturist male therapist. Home visits. Tel. 0506 31349 (ansafone), leave details for return appointment call. (94-7)

Qualified Masseur offers complete body massage or body hair shaving to gentlemen in relaxed and pleasant surroundings. Also massage tuition to certificate standard. B.R.C.P. Registered. Call Ian, 081-907 8554. (94-12)

MODELS

YOUNG GUYS

Under 23

urgently required by Europe's most prestigious naturist studio. Excellent fees. No experience necessary.

Send passport type photo to:
Special Assignment Photographers
 PO Box 100, Eastbourne,
 Sussex BN21 4TG

YOU'LL BE GLAD YOU DID!

Artists, photographers, videographers, fancy a different male nude. Disabled but still worth seeing, send scenario. — Box No. 3816. (94-12)

Male, 27, available for modelling, Surrey area. — Box No. 3818. (94-12)

Amateur photographer (South Yorkshire) seeks tall, slim male (early twenties) for naturist photography. Experience unnecessary. No publication. Phone 0302-344621. (94-10)

Beautiful Brunette 34-22-34 5'8" own studio, lighting, four poster bed, gardens, video/stills cameras available. 7 days 0993 811537. (94-7)

Exhibitionist couples well endowed males with attractive female partners sought. Applicants must be circumcised (male) and shaven with a liking for long, dark stockings, etc (female). Excellent rates. No publication. Complete discretion. Full frontal nude photos essential (returnable, masked if you prefer). No single males please. London. — Box No. 3802. (94-5x4)

PERSONAL

Erotic, explicitly illustrated stories to your exact specifications. Skilled writer/artist will create your ultimate fantasy in words and pictures. Absolutely no restrictions! Confidential service. Uncensored classified sheet also available. — Box No. 3820. (94-12)

Calling Caroline from Harrogate, March letter unaddressed. We are compatible. — Box No. 3819. (94-10)

Body Piercing for intimate jewellery. Professional service offering comfort, privacy and safety. Genuine massage also available. Derek Osborn, Midlands Steel. Telford 0952 883135. (94-12)

Single male, 39, own house, seeks lady 18-40 for visits to naturist clubs, parties and holidays. Photo appreciated. — Box No. 3820. (94-12)

Who's Where, the definitive contact list for naturists. £10.00 for list and your own advert! Natural Leisure, P.O. Box 65, Leighton Buzzard, Beds. LU7 8TJ. (94-10)

Circumcision researcher seeks opinions from men and women on partial, complete circumcisions and how it affects sex life. — Box No. 3813. (94-11)

Blue Lagoon BBS Images, for all files, message, sigs, speeds up to V32 24 hrs. 021-633-4850. (94-10)

Successful businessman 39 Midlands based, returning to the naturist lifestyle, fed up with the restrictions placed on single men, seeks female companion 21+ for occasional, all expenses paid days out. Photo appreciated/returned. Genuine replies only please. — Box No. 3809. (94-7)

Penpals: Penpal Mag for lonely people. Send for an approval copy from: Matchmaker, (E.25), Chorley, Lancs. PR7 4BS, or phone 0257 480155. (94-11)

PHOTOGRAPHY

Exciting Adult Photosets, full colour, female and male. SAE for lists. Arcadia Studios (HE), 55 Derby Road, Croydon, CRO 3SF. (94-12)

Image of Dreams Catalogue of young male nudes photographs of sixteen different models. Send £10 cheque payable to I.O.D., P.O. Box 1008, Brighton BN2 5QY. (94-11)

Young male models required by amateur photographer for private collection. No experience necessary. Good fees and expenses paid. Details and snapshot please. — Box No. 3812. (94-10)

TEN NAKED YOUNG GUYS!

STAR IN OUR NEW
 SAMPLE PORTFOLIO

10 superb large format full colour photos plus catalogue of all our photosets, slide sets.

Only £19.95 UK & Europe
 £25 Airmail Worldwide

Please state you are over 18!

Credit Card Hotline 0323 737481

Special Assignment Photographers
 P.O. Box 100, Eastbourne,
 Sussex BN21 4TG, England.

(94-1)

SUN CLUBS

Brighton Sun Club. Relax and enjoy your leisure or holiday time at our club. We have an 80' pavilion, with 2 lounges, canteen, hot showers, 36 seater sauna, 43' outdoor pool, 80' flume, childrens corner, sunlawn, holiday camping/caravan sites. Two 2 berth caravans for hire. Details of holidays and membership for couples and families, B.S.C., Dept. HE, Scaynes Hill RH17 7NP. (2-7)

Solagua Club, Belfast. Seeking families and couples as new members. Regular swimming sessions including jacuzzi, sauna and sunbed. Replies to PO Box 48, Belfast BT16 0XH. (94-7)

Ribble Valley Club, has vacancies for membership for couples and families. Please forward SAE for brochure to The Secretary, 'Briarwood' Ribchester Road, Clayton-le-Dale, Blackburn, BB1 9EY. (94-7/4)

Aztec Sun Club, Crawley, Sussex RH10 3PE. 4 stamps brings brochure. 25% discount under 25's. Camping/caravan/chalet sites. Clubhouse. Heated swimming pool. Courts, sauna, social events. Direct access M23. (5x6)

Vacances Families and Couples. Regular naturist swimming, sauna and leisure centre activities. — Application by letter only (S.A.E.) Chester Naturist Club, 31 Market Street, Hoylake, Wirral, Merseyside. (94-10)

Surrey Downs Sun Club in beautiful countryside (Guildford) hardcourts, swimming, sauna — couples and families welcome. Contact Membership Secretary, PO Box 75, Woking, Surrey GU22 7XB. Please enclose 4 first class stamps. (12x6)

Fiveacres Country Club

THE NATURIST CLUB WITH ALL
 YEAR ROUND SPORTS AND
 SOCIAL ACTIVITIES

SAUNA ROOM AND SUNBED
 For Brochure send s.a.e. to:

The Secretary,

Fiveacres Country Club,
 Fiveacres Avenue,

Bricket Wood, Herts. AL23PY.

★ EUREKA ★

NUDIST CLUB WELCOMES YOU!

Manor Lane,

Fawkham, Kent DA3 8ND

Year Round — Socials,
 Parties, Games (outdoor, indoor),
 Super Pool (heat pumps),
 Sauna, Plunge Pool,
 and Solarium + more!!!

Modest Fees

Women and Children Free

For details send two first

class stamps

Telephone:

Longfield (0474) 704418 (Club)

Gravesend (0474) 564207 (Home)

Promotional Video This is Eureka!

£5 + £2p&p. 20 mins.

Cheques/PO's to R.H. Wilson

enjoy sunbathing

AT YORKSHIRE'S FINEST
 NATURIST CLUB

VALLEY
 CLUB

Nr. Harrogate

Families and couples
 welcome for details
 send 2 x 14p stamps to
 Secretary,
 Box 1732
 c/o Health & Efficiency

SWIMMING

North London Naturist Swimming Club. Now meeting Wednesday evenings E. Barnet from 8-9 p.m. Couples and families only. Details from 071-241-0703 or 081-888-0636 this is a new venue — try it. (94-9)

TURKISH DELIGHT

"Seaborne Safaris" welcome sailors and non-sailors aboard in Turkish waters. 2 centre holidays also available. Call Ian in U.K. 0452 423896 for details. (94-7)

BOX NUMBER REPLIES TO:

Peenhill Limited
 Box Number
 28 Charles Square
 Pitfield Street
 London N1 6HT

DO NOT ORDER THIS BOOK UNLESS YOUR
 SENSE OF HUMOUR IS IN GOOD REPAIR

SUSAN MAYFIELD'S REVIEW IN H & E WAS:
 "AMAZING BUT TRUE... CONTROVERSIAL"
 SIDEWAY LOOK INTO NATURISM. SEQUEL
 TO PHIL VALLACK'S NAKED AS THE DAY.
 24 CHAPTERS/200 PAGES/ILLUSTRATIONS.
 £6.90p MAIL ORDER POST-FREE IN U.K.

Phil Vallack, 16 Viewbank, Hastings, Sx TN35 5HB
 \$16 USA by Air. Send dollar bills

VIDEOS

NATURIST
 VIDEOS

by
 MIKE HERRING



NEW RELEASE

Naturism in France
 around
 THE MOUNTAINS
 OF YOUTH

Also 9 other titles available

All videos £18 each plus P&P
 Send SAE for details of films

MIKE HERRING

11 Wheatsheaf Lane, Staines,
 Middx TW18 2PD, England

Your Cine Film copied to video by naturist film maker. From £15. Slides and prints too. Guaranteed confidential. Richard 0392 832494. (94-11)

Eureka Year 1992 Body painting, Funday, Knockout — two superb hours £23 inclusive. Eureka Jubilee 1967-1992 collector's tape £25 inclusive. 1993 year tape available late September £23 inclusive. Cheques/PO's to R.H. Wilson, Eureka, Manor Lane, Longfield, Kent DA3 8ND. (94-10)

Sell Videos for an International Agency. there are great profits to be made. As an agent you won't miss out on the newest in naturist videos. If you living in Europe write to P.O. Box 3811. (c)

WANTED

Continental Photos, Magazines and Videos involving young looking models, bought for cash, give description and selling price. Confidential. Write to — Box No. 3817. (94-12)

CLASSIFIED ADVERTISING

115p per word inclusive of VAT. Minimum charge of £23.00 per insertion and a minimum of three insertions. Box Numbers count as two words and cost £7.50 extra to cover administration and postage. Overseas Box Numbers are £9.50 and are sent air mail.

DISPLAY DETAILS ON REQUEST

Ask for
 VIVienne O'SULLIVAN
 Tel: 071 253 4037
 Fax: 071 253 0539

SIDEWAY LOOK INTO NATURISM
 NUDE AS A NEWT

NEW



The Publisher reserves the right to refuse any advertisement considered unfit for publication. Every reasonable care is taken to ensure that all goods and services offered in these pages are bona fide and are what they purport to be. Where it is brought to the Publisher's notice that the case is otherwise, rigorous action will be taken to protect the name of Health & Efficiency publications. The Publisher reserves the right to rewrite or otherwise alter any advertisement to be published in this magazine. For all enquiries relating to Classified Advertising phone Vivienne on 071-253-4037.

PAIN AND PLEASURE

continued from page 38

He laughed, still relishing the memory: 'But it was worth it. Started with her hand, graduated to her hair-brush . . . And away he soared over the border-land of fantasy — though I believed the bit about her initial response.

So ask, because you're not wanting anything really very terrible.

And you can make a bargain: exchange this experience for a performance of her own special fantasy.

If lovers don't (or can't) communicate like this — well, are they lovers in any real sense? Neither of you have anything to lose except your inhibitions.

But if you think she may be reluctant, wait until after your next loving session . . . and in that warm and relaxed intimacy casually raise the subject of

fantasies.

What does she daydream about?

Encourage her to describe her favourite . . . and, if there's anything real going on between you, you'll soon be exchanging details.

Then offer to act it out with her. Perhaps she wants to be the Virginal Nun, or behave like a Whore — say Julia Roberts in 'Pretty Woman' . . . or be treated like a Duchess . . .

And away you go . . .

Slaps and smacks, even hard, are well within the range of normal behaviour . . . but canes and straps are something else again.

SO you both need complete trust in each other, and there must be no intention to inflict genuine punishment.

This is intended to be sexual fun and games, not the working

off of anger or resentment.

But, given that always necessary free mutual consent, there's no reason why she shouldn't use a cane or leather belt. Just make sure you both understand how hard, how many, and when it has to stop.

The whole performance must be the enactment of a fantasy, and ought to culminate in joyous intercourse, fulfilling and magnificent . . . otherwise it becomes an end in itself rather than the stimulating prelude to sexual ecstasy.

The pain is not the trigger: who'd manage to ejaculate while have a tooth drilled without an injection?

No, there have to be the trimmings: being at her mercy, made to wait, the pauses, the variations . . . the whole game, set, and match!

Most men will get an erection, not only from these trimmings but the whole idea of being dominated . . . and women usually lubricate quickly at this feeling of power over a man. And this heady combination of feelings generally leads to surprisingly passionate emotions: an almost violent release of sexual glory.

So that's what to go for: whatever turns you on . . . naughty little boy in for a spanking over mother's knee, fourth-former in front of the headmaster for 'six of the best', the slave helpless before his angry mistress . . . the whip coiling . . .

'Let's pretend' is a universal game, the stuff of thrillers, films, television . . . and here you can make it real.

WITH an inventive lover you can both blow your mind: suspense, surprises, pauses as though she's stopped . . . only to start again a bit harder with something else in her gloved hand . . .

But remember, remember, that it's all supposed to be sexual pleasure, and that you must never confuse play with mere bad temper. The moment there's an angry person using the cane you're both in trouble.

Lovers are for loving, not punishment.

And, finally, as with all sexual activity, never with a stranger: get to know each other well before starting these particular games!

YOUR ORDER FORM

Please ring / tick relevant boxes, and fill in all payment details. Other overseas prices available on request (071 - 253 5580). Send the entire form to H&E Marketing, Peenhill Ltd. 28 Charles Square, Pittfield Street, London, N1 6HT. Unless otherwise specified, cheques are payable to Peenhill Ltd. Videos marked * are also available through Peenhill New York, Dept PP PO Box 2110, Cathedral Station, New York 10025, USA. See World Pleasure Post for details. **Note: For all payments other than Sterling drawn on a UK bank (for UK order), or Dollars drawn on US bank (for USA order), add US\$7 processing charge or equivalent.**

CLOTHES (inc. UK p&p-add £1.00 per item overseas)

Jogging Top	Jade	Black	Navy	Red	£15.50
size	S	M	L	XL	
Jogging Pants	Jade	Black	Navy	Red	£15.50
size	S	M	L	XL	
Polo Shirt	Jade	Black	Navy	Red	£13.50
size	S	M	L	XL	
T-shirt	Jade	Black	Navy	Red	£ 9.50
size	S	M	L	XL	
Fleece Shorts	Jade	Black	Navy	Red	£10.50
size	S	M	L	XL	
EXCLUSIVE T-SHIRT	Black	White			£11.00
size	S	M	L	XL	

BOOKS

(inc UK p&p. Add 75p per item overseas)

Naturist Guide to Europe 1	£9.25	<input type="checkbox"/>
Naturist Guide to Europe 2	£9.25	<input type="checkbox"/>
Supervirility	£17.25	<input type="checkbox"/>
Kama Sutra	£13.74	<input type="checkbox"/>
Tattooed Women	£13.74	<input type="checkbox"/>

(94/10) Minimum 28days delivery Valid until 31/12/93

NAME.....

ADDRESS.....

POST CODE.....

COUNTRY.....

SIGNATURE.....

Amex ☐ Access ☐

Visa ☐

Expiry date: Month

Year

Card No

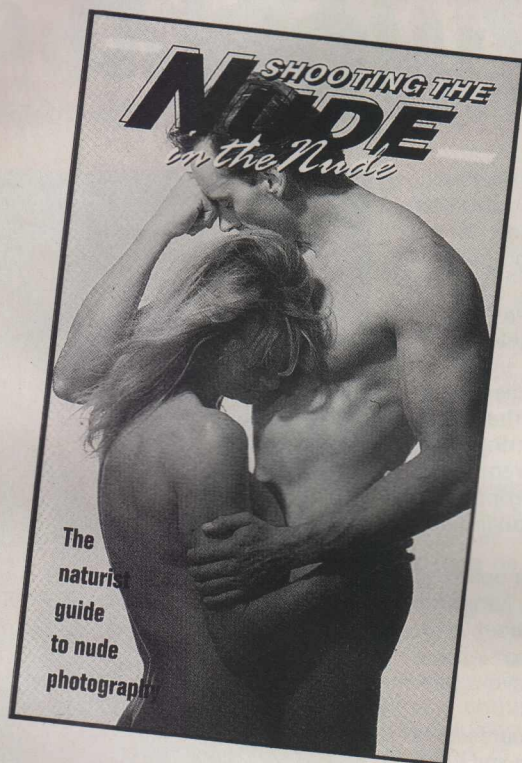
VIDEOS (inc UK p&p. Add £1.00 per item for overseas)

California 1	£21.95	<input type="checkbox"/>
California 2	£21.95	<input type="checkbox"/>
Florida 1	£26.95	<input type="checkbox"/>
Florida 2	£26.95	<input type="checkbox"/>
Texas	£26.95	<input type="checkbox"/>
Arizona./Nevada	£26.95	<input type="checkbox"/>
Freedom Denmark	£26.95	<input type="checkbox"/>
Naked Africa	£26.95	<input type="checkbox"/>
Naked Down Under	£26.95	<input type="checkbox"/>
Summer in Holland	£26.95	<input type="checkbox"/>
Winter in Holland	£21.95	<input type="checkbox"/>
Canada Naturally	£26.95	<input type="checkbox"/>
Hitch-Hike*	£26.99	<input type="checkbox"/>
Perfect Exposure*	£26.99	<input type="checkbox"/>
Alison over the Moon*	£26.99	<input type="checkbox"/>

Simone and 1000 Flowers*	£26.99	<input type="checkbox"/>
Girl with No Name*	£26.99	<input type="checkbox"/>
Mermaid*	£26.99	<input type="checkbox"/>
Treasured Island*	£26.99	<input type="checkbox"/>
All Nude Work Out*	£26.99	<input type="checkbox"/>
All Nude Work Out 2*	£26.99	<input type="checkbox"/>
Sunkissed Cover Girls*	£21.99	<input type="checkbox"/>
Shooting the Nude*	£21.99	<input type="checkbox"/>
Art Nude Massage*	£21.95	<input type="checkbox"/>
Naked Photo Shoot*	£21.99	<input type="checkbox"/>
Educating Julie	£21.95	<input type="checkbox"/>
Let Yourself be Free+	£16.95	<input type="checkbox"/>
Naked as Nature intend.	£16.95	<input type="checkbox"/>
Once we were naked	£16.95	<input type="checkbox"/>
Bare Boat Odyssey	£26.99	<input type="checkbox"/>

*VHS only ** VHS PAL only (Beta) ☐

Putting the spotlight on photography

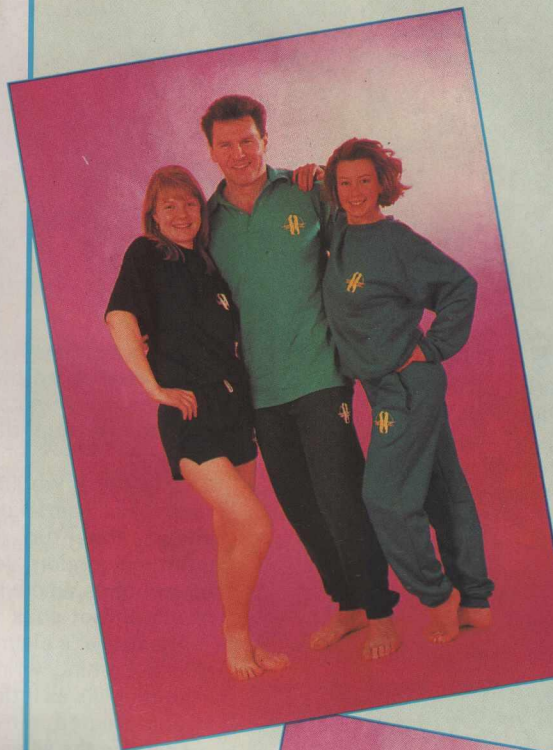


A video for everyone, whether they own a camera or not. See the natural beauty of the human body through the camera's eye, and learn a little along the way too, if you choose.

- * See how a naturist camera club explores the commercial world of studio photography
- * **Take** a shower, a handsome guy, a pretty girl and see how to get a fabulous photo session going
- * **Join** a nude shoot in the ruins of an ancient castle

Only £19.99 + p&p
(UK price)
ORDER YOUR COPY
ON PAGE 46

The BIG COVER UP



Fleece shorts
S M L XL
All £10.50

Jogging Top
S M L XL
All £15.50

Jogging Pants
S M L XL
All £15.50

Normal T-Shirt
S M L XL
All £9.50

An exclusive T-shirt with a designer logo all designed in the best possible taste Available in black and white at only £10, its affordable too!

(+£1.50 p&p)



On the beach, off the beach — what you wear or don't wear is a matter of personal preference... but what do you do when its a naturist beach but not a naturist resort, or when the evening air is a little nippy on the way back to the hotel?

We have found the perfect answer — our new range of clothing provides warmth, comfort and style; jogging pants, polo shirts, T-shirts and shorts available in small, medium and large and in black, jade, navy and red.

Even if it's not, this clothing will feel like a second skin

(Order Form on Page 46)



CONDOMS COMING CLEAN

CONDOMS are pretty high tech these days. There's a colour, texture, shape and flavour for every occasion. And what about the revolutionary female version (ideal for carrying your shopping in and excellent wet weather headgear)? They can even prevent pregnancy and the transfer of diseases so I'm told.

Well, the little latex loveglove's evolution has undoubtedly peaked following the launch of the 'Geisha' all-over body

condom recently. It covers the entire body, tying securely at the neck, is strong and resilient and, tastefully finished in an aquamarine hue that would grace any boudoir.

Or rather, it would grace any *bathroom*. I suppose I'd better come clean before your imaginations run any wilder — it's a bathtime condom designed for discerning aquaphobes who wish to enjoy the luxury of a long hot soak without getting wet.

The maker's claim that it prevents your skin becoming wrinkled and stripped of essential oils as it does when you indulge in unprotected immersion.

One size fits all and there's the option of a protein-rich body scrub which, I imagine, you simply pour in and shake about a bit.

Other benefits spring to mind too — if you were short of time you could have a bath without taking your clothes off.

This little baby must surely represent a new pinnacle of human innovation and I fully expect it to revolutionise life in the twentieth century. Watch out for (extremely large) condom vending machines in your local pub or naturist club soon.



Could showers be a thing of the past?

BAREBACK RIDER

STILL on the subject of mobile nakedness, I read that 25 year old Carlton Lower recently stunned drinkers at a Hayling Island pub by riding into the bar on his Harley Davidson wearing only a big grin and a crash helmet.

Before they could put their glasses down he'd roared out through the back door *en route* to another destination.

His journey also took in Langstone Bridge, which connects Hayling to the mainland, a quick blast along the main seafront promenade and a few busy High Streets packed with shoppers.

'I have to admit it was very cold', said Carlton afterwards. 'I wasn't embarrassed though. It felt quite normal to be riding the bike like that.'

He was to have been accompanied by a team of naked mates on the trip but they backed out at the last minute.

This was no shock-horror hooligan stunt though. Carlton's naked ride had been sponsored and raised nearly £2,000 for Cancer Research.

Diane Lavender, treasurer of the Hayling Island branch of the Cancer Research Campaign, said: 'It's not our usual way of fund raising but it's wonderful to receive so much.'

The pub, by the way, is called The Royal Shades where Carlton is a regular. If you're ever down that way, I'd pop in and buy the man a drink. He might even give you a ride on his Harley.

CAREFUL, WITH THAT WALLET, EUGENE . . .

SUDDENLY, October's upon us and the long summer days seem to have slipped into autumn faster than our fading tans. If you're really quick, there's still time to whizz down to Cap d'Agde for the final weeks of the season. Most people travel there by coach but the French TGV high speed trains might be a more agreeable option for the impatient.

Should you decide to let the train take the strain, *don't*, however tempting it may seem, stick your hand down the toilet like the unfortunate subject of our first story or you really will have an unforgettable holiday . . .

Our hapless hero was answering the call of nature whilst travelling on an express train from Paris to the southern town of Toulouse when he inadvertently dropped his wallet down the toilet.

When he bent down to scoop it out, his hand became trapped in the bowl.

After writhing unsuccessfully for a number of high speed kilometres he managed to push the alarm button with his free hand, halting the train at St. Pierre-des-Corps, near Tours.

Fireman with metal cutters eventually extricated the woeful wallet washer — still attached to the lavatory bowl — from the train where his embarrassment was completed by the waiting French TV crew who filmed him lying on the platform, desperately trying to disentangle himself from the amorous appliance's vice-like grip.

Fellow passengers witnessed every detail of the man's shameful struggle at close quarters as they waited for a replacement train after the original one's safety mechanism was found to be jammed.

There's probably a moral to this story . . . and when I eventually stop laughing I might be able to find it. What a *prat* . . .



by the Newstripper

The Luck of the Irish

WHILE we're on the subject of condoms, here's a classic story from the *Sunday Tribune* concerning one company's market expansion.

The condom company Durex made its first thrust into marketing its product in Ireland with a reception to launch a range of new improved condoms at the Conrad Hotel last Thursday afternoon.

The managing director of Durex in the UK, Gareth Clarke (ex Smurfit group) said: 'We don't want to push anything on Irish people.'

That really would be service with a smile wouldn't it . . .

A Lot to See in a 2CV

AFTER such a tale of trackside toilet terror on the opposite page, you might be deciding to stick to travelling by car but be warned, distractions are everywhere . . . especially in Leeds where two sexy girl students caused chaos recently when they went for a naked spin in their Citroen 2CV.

After tormenting male motorists as they whizzed around town, the girls pulled in at a petrol station to fill up. While one filled the tank, the other marched into the office and took her place in the queue to pay.

The astonished assistant said: 'I couldn't believe my eyes. There were about twelve

people in the garage and their eyes were popping out but the girls seemed to be loving it.'

Police, however, were less amused, branding their behaviour 'provocative'.

The girls claimed they got the idea from a wealthy couple they know who cruise around naked in their Rolls Royce. 'It was just a bit of fun,' they said, 'but we've dropped plans to video a repeat performance'. I wonder what they did with their wallets . . .

Naked Hero in Street Battle Shock

BRAVE Alan Matts wrestled with a would-be burglar in the street completely forgetting he was still stark naked.

Matts' ordeal occurred after he disturbed the intruder as he ransacked his Leicestershire home one afternoon.

The pair battled on the doorstep before tumbling out into the street where the grapple continued.

Eventually, the 33 year old engineer managed to rip the raider's T-shirt off before he fled, bare chested along the street. It was only then that Matts realised he had nothing on.

'I suddenly found myself naked in the street, covered in cuts and bruises. My only thoughts at the time had been to stop the attacker,' he said.

The raider, 'a very well built man aged about twenty' is being sought by police.

U.N. (United Naturists) Help for Croatia

FURTHER north, in Manchester, a group of nudists have been fundraising to clothe victims of the war in Croatia. So far, they have sent over £4000 to the battle zone — which, as many naked holidaymakers remember, was once Europe's nudist 'capital'.

Private Parts of the Rich and Famous (Part 39)

AS part of an occasional series in which we endeavour to satisfy the nation's insatiable thirst for the dirt and scandal that dogs the lives of the world's most celebrated public figures, I humbly offer the following morsel concerning that intemperate old thespian, Oliver Reed.

Ollie was recounting an experience he had while starring in the film of the D.H. Lawrence classic *Women in Love*. It was the famous scene in which he had to wrestle naked with Alan Bates.

'It was a freezing cold day and it was six in the morning,' slurred the actor, 'there was some manual stimulation prior to that scene . . . well, something had to be done to increase the size of my inadequate winkle . . .'

QUICKIES

Sit Down Sydney!

MORE than 50 naked protestors staged an all day sit-in on Sydney's Reef beach recently in protest against a ban on nude bathing. Local residents' complaints had prompted the cover up order.

Swedish Stripper Acquitted

A MAN charged with indecency after he stood naked behind his own front window had committed no crime a Swedish court has ruled.

The prosecution in a court at Varberg followed complaints from three female neighbours.

The court ruled that the defendant's actions were not sufficiently offensive to public decency to warrant a fine.

Until further notice then, we can safely assume that a Swedishman's home is his castle — whatever his neighbours say.

Glas-Not

NATURISTS from Moscow who wanted to visit nudist beaches in Lincolnshire have been left out in the cold by the British Foreign Office who refused to issue them with the required visas.

Have I Got An Answer for You . . .

SHARP-WITTED Angus Deaton, host of cult TV show *Have I Got News For You*, had some wry answers ready when quizzed for a magazine feature recently.

Probing Deaton's reaction to his sudden increase in popularity following the success of a variety of high profile shows, the hack inquired: *Do you really mind being admired and do you play on it at all?*

To which the unassuming interviewee replied, deadpan: *'Not really no. Sometimes I travel naked on the underground, but generally I try not to draw attention to myself.'*

And I thought only H&E staff travelled to work nude — it's no wonder the Northern Line's so busy these days.



Sporty — and provocative?



The Art of Silent Communication

For Rosella, communication is a total experience using her entire body and mind

THE language of the spoken, or written word has to be the slowest and most laborious form of communication ever invented. We rarely appreciate its limitations due to our constant need to use it and, of course, without words, work and leisure would become intolerably awkward.

However, despite the

millions of words available to us and the limitless ways in which they can be joined together, there are times and situations when they seem to be a totally inadequate way of expressing what you need to say.

It usually occurs at particularly emotional moments — attempting to console a good friend after a sudden bereavement or trying





I've learnt to say so much — without words.

to express your needs within a particularly intense or awkward relationship perhaps. Unless you're really lucky, all the loquacity in the world won't provide a satisfactory result.

So we adapt and improvise, not only varying the way in which the message is delivered to shift emphasis or alter the meaning but using words as prompts for the larger, unspoken communication that will follow. It needs a degree of intimacy but we all do it whether we realise it or not.

Think of your last telephone conversation with a good friend. Maybe you hadn't spoken for years and had a lot to say to each other or maybe you spoke last week — it doesn't matter. The point is, you both communicated

and understood far more than the words you exchanged.

Pauses that asked questions, 'key' words that established a scenario or a message or attitude within the other person's mind, grunts or agreement (or not) or even how you formed the words on your lips. Try smiling when you speak and hear the difference it makes. If you're lucky you'll sound like a bimbo telesales girl on a random cold call, if not, the tone of the conversation will immediately rise.

We also distort, shape and personalise language to suit our personalities, situations and relationships. It's sometimes more fun to use words incorrectly, or in a malapropian way when you know the real message will be



Body language — a powerful weapon.



It's an alternative view . . .

received. Words can create and destroy situations, moods, even lives but non-verbal communication is an even more powerful tool. You have your whole body at your disposal from eyes and hands down to the smallest unconscious gestures. All carry weight when conveying a message and can be recognised with a little practice. Body language experts have realised this for years.

Then there's those signals transmitted by your body before, it seems, your brain has had a chance to consciously react (although it created them in the first place). All the men know what I'm talking about — they've all worried about it at one time or another, usually during their first trip to a nude beach or event.

The outward signs that the process of attraction is alive and well and living amongst the nude community are easy to see. No, not erections; something a little more subtle. Have a look next time you go and see how many you can spot.

You might spot me too. I'll be the one wrapped up in my partner in a quiet, sunny corner. We won't be talking but we'll be saying a lot. We've developed the art of non-verbal communication to an almost telepathic degree and rarely say more than a few words to each other at any one time.

It started as a game one Sunday morning when we felt too relaxed and lazy to even speak, let alone get up. So we stayed in bed all day, practising our new art. Why don't you try it sometime?

IT'S FREE!

This Coupon entitles you to £1 off any book sold through H&E

(94/10 valid until 31/1/94)

A selection of sachets of Vitamin E Cream can be yours for free. Just order anything on this page and sachets of this brilliant cream (good for wrinkles, stretch marks, elasticity etc) will be sent out with your order.

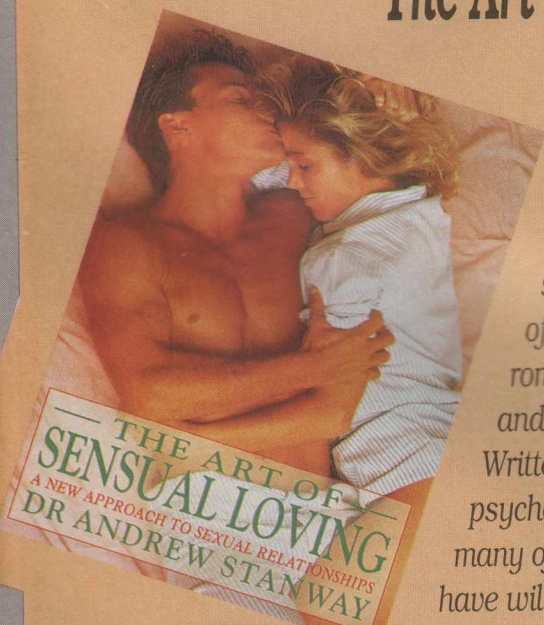


H&E mini mart

The Art of Sensual Loving

Reveals how to return to the simple pleasures of courtship and romance, flirtation and seduction.

Written by a psychosexual counsellor many of the questions you have will be answered.



NOW ONLY £5.99 +p&p

In this month's mini-mart we are offering four classic naturist books.

Family Naturism in Europe and Family Naturism in America (£9.95 and £11.20 respectively +p&p) are two stunning pictorial essays by Ed Lange, one of America's foremost naturists.

Fun in the Sun, Books 1 and 2 (£8.50 and £11.20 respectively) show Nude America at its very best. Again wonderful pictures accompanied by informative text.

Name.....

Address.....

Postcode.....

Country.....

Signature.....

Visa Access Amex Exp Date: Mt yr
☐ ☐ ☐ ☐ ☐ ☐

Card no:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Family Naturism in Europe ☐
 Family Naturism in America ☐
 Fun in the Sun ☐
 Fun in the Sun2 ☐
 The Art of Sensual Loving ☐

Please rush me my **FREE** Vitamin E Cream ☐

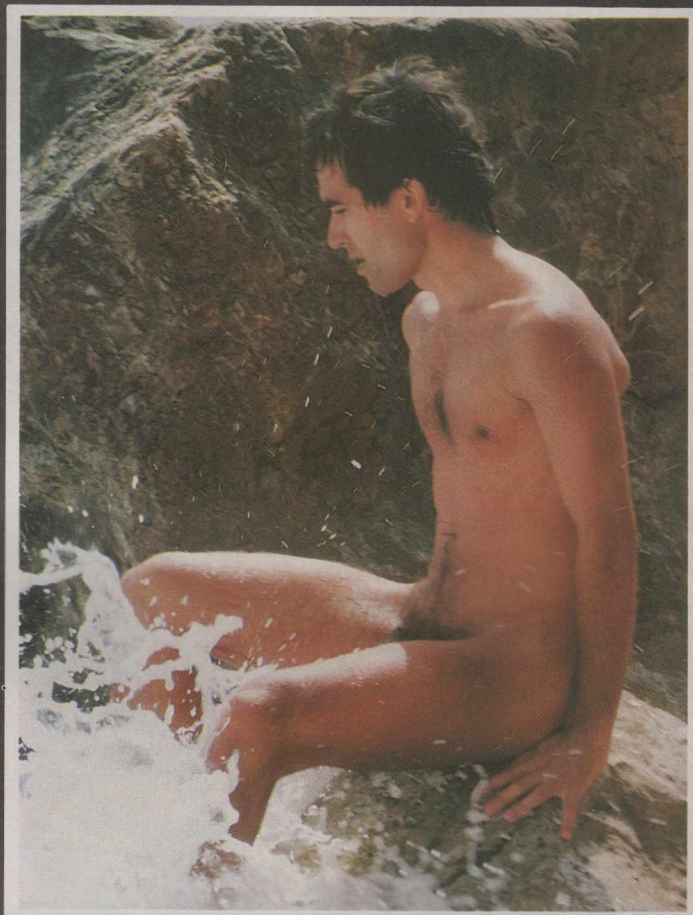
MM94/10 Valid until 30/11/93

Make all cheques payable to Peenhill Ltd and send to: 28 Charles Square, Pittfield Street, London N16HT.



When we opened the mail the other day, and saw this collection of photos — what else could we do but give them a page to themselves? Pierre hails from Nice, and we think he's very nice indeed . . .

**HE
SPOT**



WHO GOES BARE?

You must have had all your summer snaps developed by now — we don't care whether you baked in your back garden or jetted to Jamaica, just as long as you send us the proof! Send your best to: WGB, H&E, 28 Charles Square, Pitfield Street, London N1 6HT. Don't forget to write your name and address on the back of each one. and if we print yours — you get a tenner!



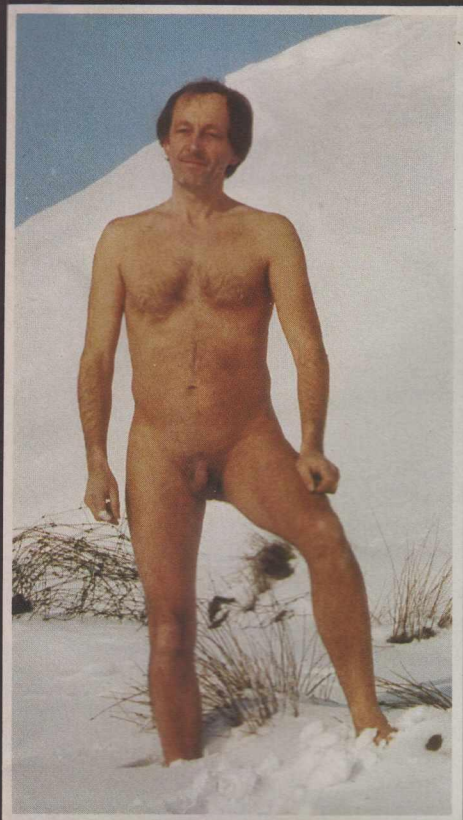
More wine, sir?



A nude and happy couple.



Hold that pose, Helen!



Phil braves the elements.



Stan napping Formentera-style.



Tracey: nudity in motion.



Jean keeps cool at Cap d'Agde.



Canadian calm for Paul.



Karen's back . . .

◀ LOSE WEIGHT ▶ LOOK GOOD — FEEL GREAT

the easy way

with NEW HI-TECH
VIGOR SLIM
CAPSULES
From Lorken Research Laboratories Ltd.



NO NEED FOR BORING DIETS

THESE NEW STATE-OF-THE-ART HI-TECH CAPSULES WILL, AT THE BRAIN LEVEL, AMAZINGLY REPLACE YOUR WILL POWER TO:

- SUPPRESS YOUR DESIRE FOR UNHEALTHY FATTENING FOODS.
- ACTUALLY STIMULATE YOUR DESIRE FOR VIGOR PROMOTING SLENDERISING FOODS
- BURN CALORIES 40% FASTER.
- GIVE YOU A EUPHORIC FEELING OF WELLBEING (INDEED FOR THIS EFFECT ALONE THEY ARE WORTH THEIR WEIGHT IN GOLD!)
- COMPLETELY SAFE
- UNIQUE FORMULA USING ADVANCED NATURAL BIOGENIC INGREDIENTS.
- UNMATCHED POWER AND VALUE.
- NO PRESCRIPTION NECESSARY.
- ACHIEVE YOUR IDEAL SHAPE AND WEIGHT — MAINTAIN IT — AND RIDE ON CLOUD NINE FOREVER!

VIGOR SLIM — ANOTHER BRILLIANT DISCOVERY BY
LORKEN RESEARCH BIOCHEMISTS.

Available only from **LORKEN LABORATORIES LIMITED**,
28 Charles Square, Pitfield St., London N1 6HT.

★ ★ ★ SPECIAL OFFER PRICE ★ ★ ★

1 TUB £14.99 POST FREE

2 TUBS £27.50 POST FREE

3 TUBS £38.00 *plus* FOURTH TUB FREE!

☎ ACCESS/VISA/Diners/Amex 24 hour Phone ordering service: Tel: 071 253 5580

SEND FOR YOURS TODAY
BY POST OR PHONE

PRIORITY ORDER FORM

Please rush me tubs of **VIGOR SLIM**

Name

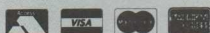
Address

..... Post Code

I enclose P.O./Cheque for £

payable to LORKEN LABS. LTD.

or charge my Access/Visa/Diners/Amex Account



--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Card expiry date: Month Year

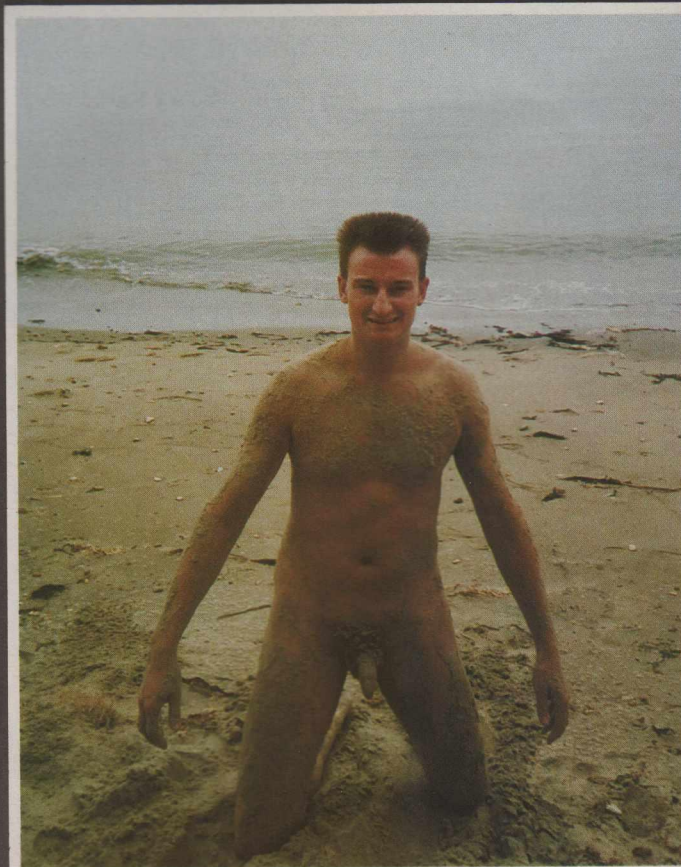
Signature

Please allow 21 days for delivery

Company Reg. No. 2620052



Sam strikes a pose.



Mess . . .

NEW!



THE ART OF NUDE MASSAGE

£19.99
+ p&p

SENSUALITY



THE ALL NUDE
WORKOUT
Video

Fitness & Fun
with a
NUDE AEROBICS SPECIAL
Shape & tone
with
NUDE WEIGHT

£24.99 +
p&p

VITALITY



SHOOTING THE
NUDE
in the Nude

£19.99
+ p&p

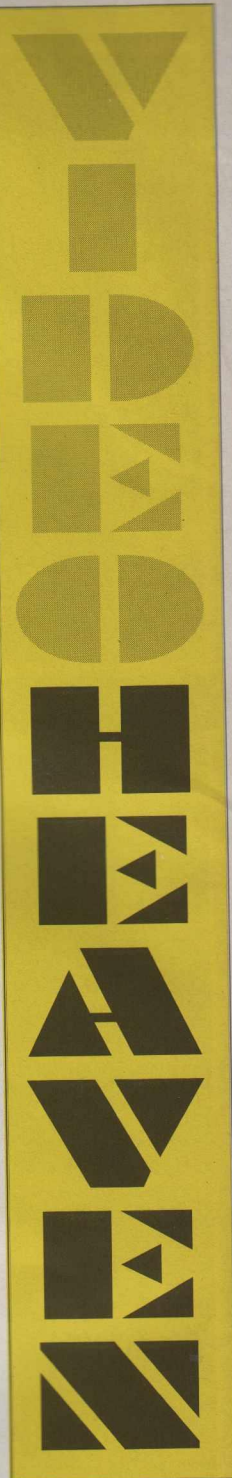
EXCITEMENT
to nude
photography

Do you want to be a *heavenly body*, or maybe capture a passing *angel* on film – and then there's always the 'out of this world' sensual massage. But, all puns aside, here's an offer you'd be silly to miss. Along with 'Shooting the Nude in the Nude' and 'The All Nude Workout' a new title has come to augment this already popular range. 'The Art of Nude Massage' is the ultimate instructional video. Sensuality and technicality combine to give every part of the body a real work-out inspired by sensitive hands

and fingers. In this video you will not only learn simply how to set the right mood and what oils and lubricants are best; but movements such as the classic Swedish technique and the French facial method will help both you and your partner to reach the absolute epitome of bliss.

'The All Nude Work-Out' features exercise of a completely different nature. Aerobics and weight-training combine into an effective fitness programme... helping you to achieve one of those heavenly bodies. Finally — 'Shooting the Nude in the Nude' is designed for those naturists with an interest in photography but is not as exclusive as that might suggest. It is for **anyone** who appreciates the natural beauty of the human body and wants to learn a bit about photography along the way.

If you are interested in any of these videos, don't hesitate a moment longer. Fill in the **order form on page 46** and let us do the rest!



INTERNATIONAL

H&E

MARKETING

FUERTEVENTURA

The Good, the Bad, and the Ugly

I THINK back on our trip to Fuerteventura with a mixture of pleasure, pain and disappointment.

To start on a positive note, the beaches are superb. We spent two weeks in the southern resort of Jandia. Depending on which guide book you read, Jandia has twenty, thirty or fifty miles of golden sands. In fact, it is nearer three miles. To the west of the resort, the road goes inland and the coast is not easily accessible. Beaches around the small, grimy fishing village, near to the main resort were rather smelly.

To the east of the main beach are rocky headlands and lagoons. These are difficult to reach on foot. Car hire is expensive and the vehicles have been used mainly off-road on steep dirt tracks. We decided against. Even with a car, the rest of the peninsula is still difficult to reach, as the only points of access seem to be through the grounds of private clubs. These holiday clubs are very common, German owned and extremely exclusive.

We could see little beyond the high hedges, but the one at Jandia is right by the beach, has beautiful gardens and seems to be geared to the needs of tennis players. Coaching and covered courts were available all day.

The main, accessible beach is reached by crossing a busy road, and 100 metres of rough, open land. Whilst we were there, a great deal of sewer work was going on along this strip. Noisy wagons and dust were a problem.

The beach itself is broad and superbly clean. Going nude was quite acceptable anywhere along the three miles of sand, but the first 100 metres seemed more geared to families with small babies, and topless was more common here.

TWO things to be beware of on this otherwise wonderful beach were the thermal whirlwinds and places where the sea shelves very quickly.

On two or three afternoons, we were forced off the beach by hot, sand blasting winds, but these could die as fast as they sprang up.

A full day's coach journey around the island will show you all you really want to see. The



Golden Sands at Jandia.



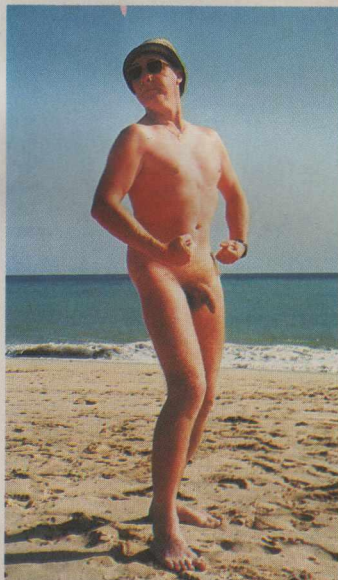
Cool, blue waters.

only memorable point was the beach at Corralejo, way up in the North.

The coach picked its way slowly along a mixture of good and dreadful roads, stopping at so-called places of interest. The brown, lunar landscape is quite interesting for about an hour.

After four hours, it becomes rather boring. Betancuria and La Oliva are two desperately dull little towns.

By Fuerteventura standards, I suppose they are quite picturesque, but to give you some perspective, the high spot of the



Jonathan, flexing.

Betancuria tour was a look at its small, municipal swimming pool. This was reputedly the only public pool on the island.

La Oliva boasted the 'House of the Colonels'. 'This should be interesting,' I thought. Wrong again. Along a dirt track stood a building resembling a disused warehouse. We were informed that renovations had stopped some years ago, as the electrician wiring it had gone bankrupt. The place was dangerously unsafe, and we could not enter. The question on all our lips was 'Why did we come here if the tour operators

knew it was derelict?'

At last, we reached Corralejo. Again, the beach was magnificent, but not without drawbacks. The town is a huge estate of apartments and little else. Shops, bars, supermarkets and places of entertainment were conspicuous by their absence.

Built on a port harbour, one cannot easily walk to the beach, I would say that the main dunes are about ten minutes away by car.

The dunes themselves cover about two square miles, and give the impression of the Sahara. Beyond the dunes, the beach was pure white sand. Access to the sea was not easy, as sharp rocks were present under the water, and large breakers made them hard to see. Only topless sunbathers were seen here, but I am certain that a short walk away from the town would afford a private spot.

TO be fair to Jandia, the locals were very pleasant. The few eating places locally available provided very good food, and that beach really did take some beating.

The apart-hotel we were staying in was hot and noisy, and our balcony overlooked the busy road and the building work. Sleep did not come easily, but you never needed clothes. As it was August, any evening stroll onto the balcony would reveal several other naked people on their balconies trying to keep cool too.

To sum up, nowhere on the island is ideal for a relaxing holiday, unless you happen to subscribe to one of the German private clubs. The best places are Jandia and Corralejo, but both have their drawbacks. As for the centre of the island, most of the population wisely left, leaving more goats than human inhabitants.

Even so, sitting here with rain lashing the windows, I suppose I could be tempted back by the thought of brown skins, golden sands and cool, blue waters.

BRIEF ENCOUNTERS

by Jonathan Thomson

Find out about nudist centres and beaches in Europe —
Phone 0891 112532
(All cars are charged at 36p/min off-peak and at 48p/min at all other times)

It's New... It's Nude...



From Ontario to Quebec, from the great lakes to the interior this amazing new video from Heritage's David Ball has it all.

All forms of naturism are covered, but as ever David Ball remains a family man, and thus the family is strongly featured. You'll be able to see nude young people protesting for naturist rights in Toronto, in depth interviews with individual naturists and news and views on Canadian Naturism from all areas. But all in all its purely and simply the natural beauty of Canada and its people coming through.

Canada Naturally, all you'll ever want to know.

It's Canada Naturally!

QUICKFIRE

SHORT AND SWEET

I WOULD like to say a few words on the subject of depilation.

Although I enjoy the sensation of having a completely hairless pubic area, I dislike that annoying spiky feeling when the hairs start to grow back. I found that if I only trimmed my pubic hair to a length of around 10mm or so, the spiky feeling did not occur.

A trim once a week is enough, using one of these electric beard trimmers that men use, to maintain a desired length. This method gives an almost hairless look to the genital area, especially to someone like myself whose pubic hair is rather thick and bushy.

L.B.

Edinburgh

EDITORIAL

WILL SOMEONE PLEASE PULL THE CHAIN?

WHOEVER coined the word 'Movement'? As in 'I'm an upright member of the Naturist Movement. *Are you?*'

It strikes me as extremely out-dated and reminiscent of the times when people had to justify taking off their clothes for fun. It had to be serious, and aggrandizing. It also suggested progress. In fact, naturism *has* progressed, but the Movement, in my opinion, has not.

Those members, and these tend to be self-identification, not necessarily fully paid-up, probably have some interesting conversations about it. As in 'Have you had your regular movement *today*'.

'Shall we have a committee meeting about lavatory blocks for the *regular* Movement'.

OK, I'm being slightly facetious, but I really don't think that an old-fashioned term with lavatorial connections, or the idea of reverence connected with naturism is appropriate today at all. It can only hinder an activity which should be regarded as either simply 'fun' or at the most, liberating.

The 'Movement' appears to be a constipated body which serves no real purpose in the 1990s. I suggest we flush it out of our systems once and for all.

KATE STURDY
Managing Editor

Welcome to another selection of sharp-shooting comments. If you've got something to say — good or bad but not necessarily ugly — aim your pens at Quickfire, H&E, 28 Charles Square, Pitfield Street, London N1 6HT.

UNDRESS SENSE

PLEASE find enclosed a photo of ourselves.

We are Paul and Mimi. I am forty-four and Mimi is forty-two. We are both very keen naturists and enjoy reading your magazine.

We would like to share with you one of our experiences at Studley Bay, Dorset.

On the day in question we had arrived by early morning, with anticipation of a long, hot day. After a few hours of swimming and dozing, I decided to go for a stroll.

Upon my return I found that Mimi was surrounded by a group of men.

It transpired that they were all working on a project for the National Trust and had unexpectedly come upon Mimi.

She was in the middle of giving them a lecture on dress sense and how to behave on a free beach.

To my amazement all six men then disrobed and spent a couple of hours swimming and playing volleyball.

There were no lewd comments to Mimi and we all had a very enjoyable time. Plus for all hypocrites, none of the lads showed any sign of the dreaded 'erection'.

At the end of the day we all parted amicably and I must praise the young men in question for their magnificent behaviour.

If only others could be so thoughtful.

P. and M.

Dorset



Paul and Mimi.

EARLY DAZE

YOUR agony aunt's postbags often contains letters of concern about penis size and performance — especially fears about its possible unplanned and embarrassing prominence at inappropriate moments. Invariably, the correspondents are male.

There is an aspect of the human male penis which has puzzled evolutionary biologists.

This is that it is extremely long in comparison to that of other primates, both in actual and in relative terms. When erect it is about three times that of a gorilla, a much larger animal, and easily longer than that of the gibbon, orang-utang or the chimpanzees. Furthermore, it is much more visibly displayed than that of any of the others.

The biologists' puzzle arises from the presumption that every feature of plants and animals is the way it is for some good and helpful reason. If then, other primates, also derived from our common ancestors, can manage to procreate effectively enough with something smaller, why have human males developed those seemingly unnecessarily large and visible organs at the expense of putting energy and resources elsewhere, say muscle power or lung capacity?

One of the possible explanations suggested is its use in primitive man, before we took to wearing clothes, as a status symbol and threat. The bigger it was, the more telling the effect. The display was intended to impress no females but other males.

Given that the strategy succeeded, large organs came to be a genetically transmitted characteristic.

Presumably they performed much the same function as, for example,



large and powerful motor cars do nowadays.

Most women will say, if pressed, that sheer size by itself is fairly far down their list of criteria in the choice of a mate. Again, women do not appear to be greatly interested in merely looking at it, judging by the small proportion of women to men who buy sexually oriented picture magazines of the opposite sex.

Some interesting conclusions can be drawn. One is that we have here yet another splendid argument in favour of naturism.

I might indeed be disappointed, even overawed, by having something very much larger than my own displayed with the intention to make me feel inferior, but I should not regard that as being so immediately life-threatening as being carved up on a crowded motorway by a three and a half litre, turbo-assisted sports car.

D.H.

Hampshire

SINGLE OPPORTUNITY

A FREE contact magazine (no fees at all!) would be a good idea for singles.

I'm quite willing to put together a contact list for the price of about two first-class stamps, which would cover the cost of paper.

An s.a.e. would help keep the cost of postage down and speed up replies.

If anyone else has any other ideas, let me know through Quickfire or write to me at 103 Nottingham Road, Mansfield, Nottinghamshire NG18 4AJ.

R. Lunt

MORE MEN . . . LESS HAIR

I LOVE the magazine!

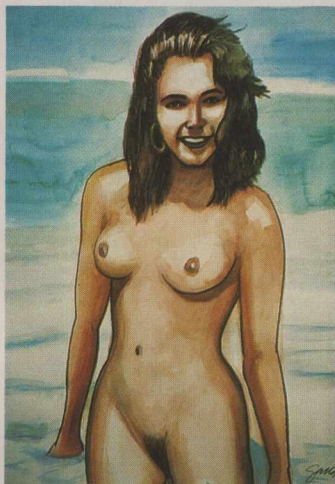
There is only one criticism — regarding the photographic content! In our Sun Club approximately 50% of all male and female members now have their pubic hair off, and when we go abroad we have noticed this to be a growing trend.

All my lady friends agree that the sight of a depilated male is far more sexually arousing.

Please could we have more photos of shaven men?

Caroline Evans

Wales



READERS' ART

Here's a photo of a watercolour, painted by J. Gallagher of New Jersey, USA. It's his favourite H&E girl. Anyone recognise her?

FREE POST
FREE ENLARGEMENTS
FREE PHOTO ADVICE
THREE GOOD REASONS TO USE

1Free 7x5 with every roll of film!!!



H&E

NATURIST FILM SERVICE

Dear Reader,

If you are a subscriber we also offer 50p off vouchers with each film you send in. Plain envelopes are used to return your prints, ones that will pass through a standard sized letter box. Please ensure that you send us your films in strong envelopes, and it is best if you put a label or slip of paper attached to each film cassette, giving your name and address. By the way, even though we are designed to cater for the naturist photographer, films of other topics are just as welcome. So...**ENJOY!**

naturally yours,

Mike Herring

Mike Herring LBIPP (professional naturist photographer)

One price for all sizes:-	Films and Slides	£4.99
	<i>(Your prints are jumbo size gloss and slides are with mounts)</i>	
Colour Enlargements:-	7x5	£1.65
	10x8	£3.50
Mini Posters:-	15x12	£5.99
Black and White Prints:-	5x3½	£4.99

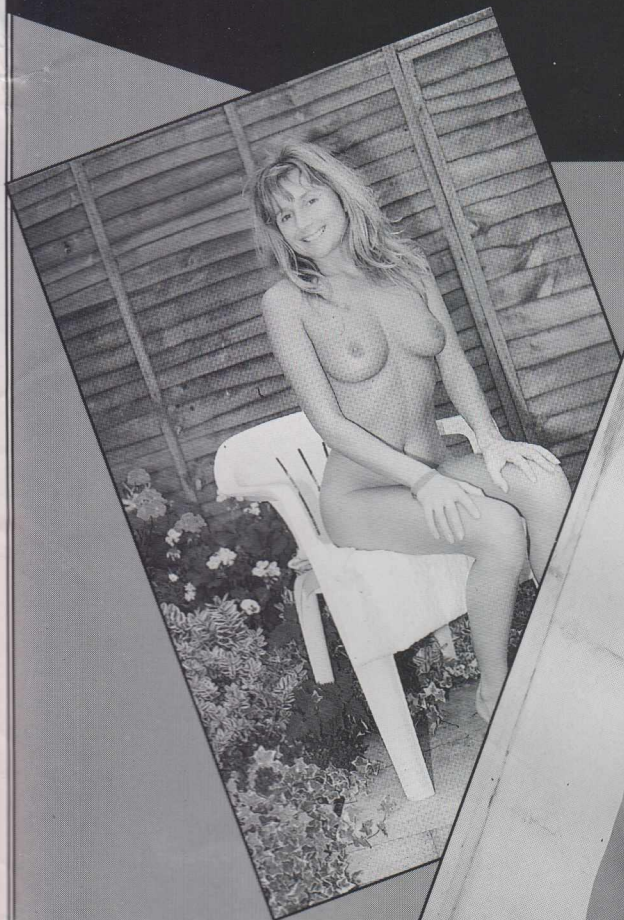
Half frames extra £4.99 please. Extra prints at time of processing £2.49. Reprints (6x4) 35p each (Please send negatives uncut).

F I L M Part of the service	Please send your films with your cheque/po in a strong envelope to:		Please tick if you would like Mike Herring's photographic advice <input type="checkbox"/> Yes <input type="checkbox"/> No	
	Mike Herring H&E Film Laboratories FREEPOST (GR1302) Stonehouse, Glos. GL10 1BR.		Colour Prints 24 <input type="checkbox"/> 36 <input type="checkbox"/> Ex Set <input type="checkbox"/> Reprints <input type="checkbox"/> Enlarge <input type="checkbox"/> Black & White 24 <input type="checkbox"/> 36 <input type="checkbox"/> Ex Set <input type="checkbox"/> Reprints <input type="checkbox"/> Enlarge <input type="checkbox"/> Colour Slides 24 <input type="checkbox"/> 36 <input type="checkbox"/>	AMEX <input type="checkbox"/> ACCESS <input type="checkbox"/> VISA <input type="checkbox"/> D. CARD <input type="checkbox"/> CREDIT CARD No. <input type="text"/> Expiry Date of Credit Card Month <input type="text"/> Year <input type="text"/> I enclose a 50p subscriber voucher Yes <input type="checkbox"/> No <input type="checkbox"/> Authorised signature <input type="text"/>
	We reserved the right to return films unprinted and refuse material of a pornographic nature.		Name <input type="text"/> I enclose Cheque/Po for <input type="text"/> Address <input type="text"/> Postcode <input type="text"/>	
			Please make payable to: H&E FILM SERVICE	
			Please enclose 50p per item for p&p	

For that Extra little something get H&E Extra 10

Price £3.00

Out on 14th October



H&E Extra
Editions
should be
available
through any
good
newsagent. In
case of
difficulty, you
may obtain
copies directly
from Peenhill
Publishers, 28
Charles Square,
Pitfield Street,
London, N1 6HT
(priced £3.75 UK)

**The Pleasure Pirates - The
Great Ocean Adventure - Sole
Rights - Naked Man Exposed -
-The Flip Side of Massage
Postal Passion - Sexercises**

INTERNATIONAL
H&E
MONTHLY

